



NIGHTWARE

TAKE SLEEP BACK. MOVE LIFE FORWARD.

Patient Resource Guide

- NightWare Kit Components
- Setup Instructions
- Daily Use
- Important Considerations
- Daily Charging and Storage
- How to Care for Your NightWare Devices
- Minimum Operating Requirements
- Indication
- Safety Information

Need Support?

Toll free:
833-44-Night

Email:
Support@NightWare.com

Website:
NightWare.com

NightWare Kit Components



Apple Watch®



Apple iPhone®



Apple Watch Charger



Dual USB-A Port Wall
Adapter Charging Brick



Sport Loop



Apple iPhone
Power Cable

Setup Instructions (iPhone and Watch)



Step 1

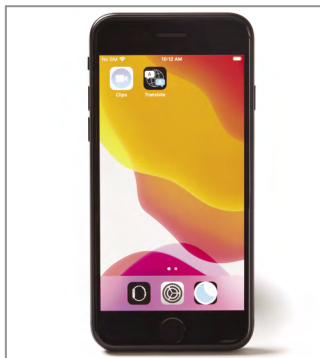
Power on your iPhone SE using right shoulder button and **enter the passcode: 111111**

Note: the Apple Watch and iPhone will already be configured and logged into the application.



Step 4

Plug in your iPhone SE into the dual USB and set beside.



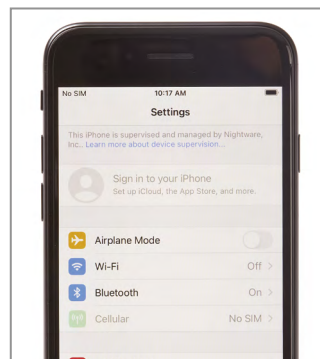
Step 2

Once in, select **settings** from your home menu.



Step 5

Plug in Apple Watch into your dual USB and set beside.



Step 3

Select and login to your Wi-Fi network.



Step 6

IMPORTANT!

Your Apple watch should be snug but comfortable. Use the included Velcro strap to adjust the tightness of the watch.

Daily Use



Step 1

Verify that your iPhone SE is connected to WiFi.



Step 4

Select the NightWare app.



Step 2

IMPORTANT!

Your Apple watch should be snug but comfortable. Use the included Velcro strap to adjust the tightness of the watch.



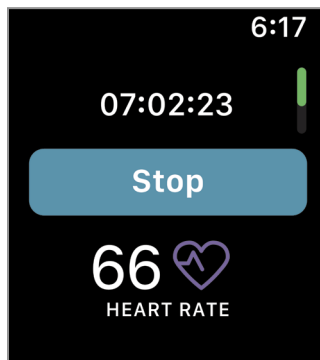
Step 5

Now that you are attempting to sleep, press **Start**.



Step 3

Wake your Apple Watch SE using right shoulder button and **enter the passcode: 111111**



Step 6

When you are finished sleeping, press the blue **Stop** icon.

Important Things to Consider

- You should **NOT** stop the application if you get up in the middle of the night to go to the bathroom.
- You should **NOT** start the application if you are doing other activities in bed. Examples Include:
 - Reading a book
 - Watching a television show
 - Checking email/messages or other activities on a phone/laptop/tablet

Daily Charging and Storage of your Device

FUNCTIONALITY

The NightWare watch and phone are reserved for therapeutic use.

CHARGING

When the watch and phone are not being used to treat nightmares, they should be charging so they are ready for use while sleeping.

Need Support?

EMAIL:

SUPPORT@NIGHTWARE.COM

TOLL FREE:

833-44-NIGHT

How to care for your NightWare devices

Below are instructions on how to care for your devices to optimize accurate readings from the watch's sensors.

To clean your Apple Watch, follow these steps:

1. Turn off your Apple Watch and remove it from the charger.
 - Press and hold the side button until you see the **Power Off** slider. Drag the **Power Off** slider.

Don't use bleach. Avoid getting moisture in any openings, and don't submerge your Apple Watch in any cleaning agents.

2. Wipe your Apple Watch clean with a nonabrasive, lint-free cloth.
 - Dampen cloth with water as needed.
3. Dry your Apple Watch with a nonabrasive, lint-free cloth.
4. Clean and dry the reset button on the Apple Watch ("Digital Crown"):
 - If the Digital Crown gets stuck or won't move, check for debris and wipe down your Apple Watch.

The following are recommendations from Apple to care for the iPhone:

1. Shutdown the iPhone
 - All iPhone models:
Go to Settings > General > Shut Down, then drag the slider.
2. Use a soft, slightly damp, lint-free cloth—for example, a lens cloth.
3. Avoid getting moisture in openings.
4. Do not use cleaning products or compressed air.



Contact Us

If you run into any technical issues with the NightWare Digital Therapeutic System, please contact us.

Toll free

833-44-Night

Email

Support@NightWare.com

Website

NightWare.com

Minimum Operating Requirements

The NightWare digital therapeutic requires an iPhone 7 or newer, Apple Watch 3 or newer, iOS 13 or newer, WatchOS 6 or newer.

Indication

The NightWare digital therapeutic is indicated to provide vibrotactile feedback on an Apple Watch based on an analysis of heart rate and motion during sleep for the temporary reduction of sleep disturbance related to nightmares in adults 22 years or older who suffer from nightmare disorder or have nightmares from post-traumatic stress disorder (PTSD). It is intended for home use.

Important Safety Information

CONTRAINDICATIONS:

If you have been known to "act out" your nightmares (i.e.: sleepwalking, violence), do not use NightWare and contact your Healthcare Provider.

WARNINGS:

The NightWare digital therapeutic is not a standalone therapy for PTSD. This device can be used in conjunction with prescribed medications for PTSD and other recommended therapies for PTSD-associated nightmares and nightmare disorder, according to relevant consensus guidelines.

- If daytime sleepiness occurs, contact your Healthcare Provider.
- If you feel drowsy, do not drive or operate heavy machinery, Contact your Healthcare Provider.
- If the watch vibrations cause awakenings not associated with your nightmares, contact your Healthcare Provider.
- If nightmares persist, worsen, or recur, contact your Healthcare Provider.
- If skin irritation occurs, discontinue use of the watch and contact your Healthcare Provider.
- Your watch could disturb your bed-partner's sleep if they are in contact with the watch when it vibrates. Try not to expose your bed-partner to the watch at night.

- Do not wear the watch too tightly, it should feel comfortable and snug, but not tight on your wrist.
- Wear the watch only when you are planning to go to sleep; do not wear it while reading or watching TV in bed as this may trigger false alerts.
- Use the NightWare watch every night.
- NightWare is not intended for use by individuals under age 22.
- The long-term term safety and effectiveness of the device has not yet been established.
- This is only the reference guide, please see the patient instructions for use for the full instructions.

PRECAUTIONS:

- Caution: Federal law restricts this device to sale by or on the order of a Healthcare Provider.
- NightWare is intended to be used under the supervision of a Healthcare Provider.
- Do not drop or crush the smartphone or watch.
- Be sure to charge the smartphone and watch every day.