# Insights from a Second User Meeting on NightWare for PTSD-Related Nightmares: Patient Selection and Criteria

*COL (Ret.) Brian Robertson, MD – Chief Medical Officer NightWare, Matthew Tucker, MBA – Chief Commercial Officer NightWare, Kenneth Rayl – Senior Director of Clinical Affairs, Brant Newman – Market Development Manager*

**Abstract:**
This scientific paper discusses the insights gathered from a user meeting for NightWare, a device designed to help individuals suffering from nightmare disorder. The meeting included four healthcare professionals, including clinicians from psychiatry, occupational therapy, sleep medicine, and PM&R. The discussions centered around various topics such as the effectiveness of NightWare, potential improvements to the product, and the challenges faced when diagnosing nightmare disorder. The paper also explores different tools and methods used to assess patients with nightmare disorder, including the Nightmare Disorder Index, the Insomnia Severity Index, and the PCL-5. The findings suggest that NightWare has been effective in controlling nightmares and improving overall sleep quality in patients with nightmare disorder. Additionally, the customization of the device and the use of tools for assessment have proven to be beneficial in treating this condition. This paper serves as a valuable resource for clinicians seeking to better understand the challenges and opportunities in treating nightmare disorder and the role of NightWare in managing this condition.

**Introduction:**
Nightmares are distressing dreams that disrupt sleep and can cause significant emotional distress and impairment in daily functioning. Nightmare disorder is a DSM-5 diagnosis that requires recurrent, distressing nightmares that cause significant distress or impairment in social, occupational, or other areas of functioning. While several treatments are available for nightmare disorder, many patients remain refractory to treatment, which can result in significant morbidity and decreased quality of life. NightWare is a novel, non-invasive, and non-pharmacological wearable device that uses smartwatch technology to detect and interrupt nightmares during sleep. The purpose of this paper is to summarize the insights gained from a user meeting of NightWare and discuss the implications for clinicians who treat patients with nightmare disorder.

**Participants:**
The meeting was moderated by COL (Ret.) Brian Robertson, MD, Chief Medical Officer of NightWare and attended by four clinicians supporting active duty military personnel representing sleep medicine, psychiatry, occupational therapy, and PM&R. Clinicians preferred to not disclose their names.

**Methods:**
The user meeting was attended by sleep medicine doctors, psychiatrists, and other healthcare providers who treat patients with nightmare disorder. The meeting was designed to gather feedback from users about the use of NightWare in clinical practice, including patient selection, customization of the device, and assessment of treatment outcomes. The meeting was structured as a moderated discussion, and the insights gained were recorded and summarized.

**Results:**
The user meeting generated several insights that have important implications for clinicians who treat patients with nightmare disorder. These insights are organized into the following categories: patient selection, customization of the device, and assessment of treatment outcomes.

**Patient selection:**

- **Criteria: meet nightmare disorder diagnosis, motivated to use device, no interfering medical conditions**

Several factors should be considered when selecting patients for treatment with NightWare. First, patients should meet diagnostic criteria for nightmare disorder, which requires recurrent, distressing nightmares that cause significant distress or impairment in social, occupational, or other areas of functioning. Second, patients should be motivated to use the device and willing to comply with the instructions for use. Third, patients should not have medical conditions that could interfere with the use of the device or its safety.

**Customization of the device:**

- **Consider: sleep habits, bedtime routine, nightmare severity**
- **Calibration: detect patient's unique nightmare movements**
- **Importance of consistent use and combining with other relaxation techniques or medications**

Customization of the device is critical to ensure its effectiveness and patient satisfaction. Several factors should be considered when customizing the device, including the patient's sleep habits, bedtime routine, and the severity of nightmares. The device should be calibrated to detect the patient's unique movements during nightmares and should be set to an appropriate threshold for intervention. Patients should be educated on the importance of using the device consistently and encouraged to adjust settings as needed to achieve optimal results. Some patients may benefit from using the device in combination with other relaxation techniques or medications.

**Assessment of treatment outcomes:**

- **Regular assessment to ensure effectiveness**
- **Use standardized tools: Nightmare Disorder Index, Insomnia Severity Index**
- **Encourage patient self-reports and schedule follow-up appointments**

Assessment of treatment outcomes should be conducted regularly to ensure the device is effective and the patient's symptoms are improving. Clinicians should consider using standardized assessment tools, such as the Nightmare Disorder Index or the Insomnia Severity Index, to assess the frequency and severity of nightmares and their impact on the patient's sleep and daytime functioning. Clinicians should also encourage patients to provide self-reports of their symptoms and overall satisfaction with the device. Follow-up appointments should be scheduled at appropriate intervals to monitor progress and adjust the device settings as needed.

**Conclusion:**

NightWare is a novel and promising treatment for nightmare disorder that has generated significant interest among clinicians and patients. The insights gained from the user meeting provide valuable guidance for clinicians who treat patients with nightmare disorder and are considering incorporating NightWare into their treatment plans. Patient selection, customization of the device, and assessment of treatment outcomes are critical factors that should be considered to ensure the device is effective and the patient's symptoms are improving. Additional research is needed to further evaluate the safety and effectiveness of NightWare in larger patient populations and to identify the optimal patient selection criteria and customization settings for optimal outcomes.

Meeting insights will be incorporated into the NightWare Clinical Treatment Guidelines which provides prescribing clinicians the best practices for maximizing outcomes through utilizing NightWare. If you would like to request access to this document you may email nightwareprofessionaleducation@nightware.com or visit the Prescriber Resources section at www.nightware.com.