

Your journey towards better sleep begins today.

Let's get started!



Once you begin therapy, you'll have the ability to manually change your therapy levels during every session. This is what makes this experience so unique to you.

So now it's your time to shine, and we'll be here for you every step of the way. **Here's how it works.**



What do the different therapy levels mean?

Therapy level refers to the level of stimulation emitted from the mouthpiece to improve your muscle function and thereby reduce your mild obstructive sleep apnea and snoring. Therapy levels range from 1, being the lightest, to 15, being the strongest.

What should I expect from therapy?

You will experience a mild stimulation pulse at the very beginning of therapy. This is meant to calibrate the device before each session. Each session includes four, 5-minute phases, each designed to train your tongue muscle in a different way.

How do I change my therapy level?

You are welcome to adjust the level at any time within the eXciteOSA® app. Simply slide your therapy level setting at the bottom of your screen during your session.

To the right is a snapshot of what you will see in the dashboard of your app when you are in the middle of a therapy session. As you can see, this patient has changed their therapy level from 4, to 7, to 10.



Do the therapy levels change on their own?

The therapy level will remain the same as long as it is not manually changed. You may, however, notice a change in the stimulation pulse rate every five minutes.

How can I ensure the most effective therapy?

It is important to set the device to the highest possible therapy level that still feels comfortable for you. This will ensure the best possible outcome.

Remember that this journey will be unique to you; your therapy level threshold might be 5 or 13. While it is not required to reach the maximum end of the scale, it is recommended to keep the therapy level at or above 4 to ensure effectiveness.



eXcite^{OSA}



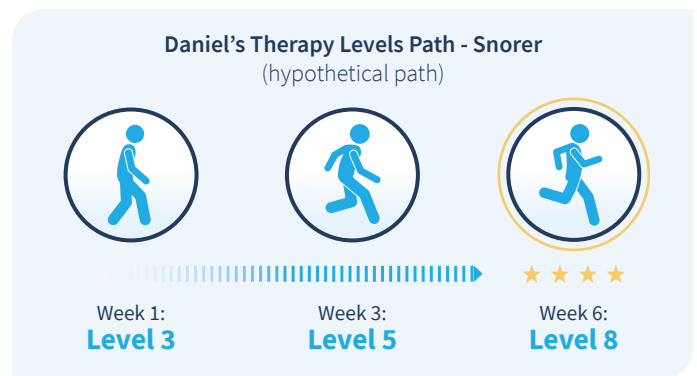
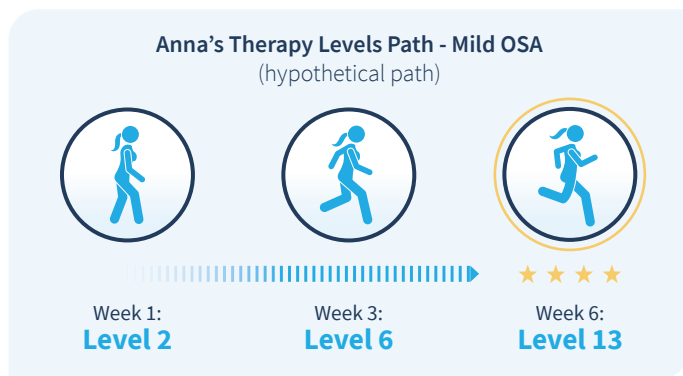
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What will my therapy level journey look like?

Below, you can see two therapy level paths taken by Anna, who has mild OSA, and Daniel, who is a snorer. Throughout therapy, they made sure to set their sessions at a comfortable, yet challenging level. By doing so, they both achieved the same desired outcome – improved sleep quality – even though their therapy level journey looked numerically different.

Let's say Anna & Daniel are training for a race. Even though they run at different paces, they both challenge themselves to train a little bit harder during every session. This will allow them both to reach their unique race-day goals.



Much like their endurance training, Anna & Daniel will also try to push themselves to increase the therapy level of their eXciteOSA[®] therapy every week. By stepping out of their comfort zone and exploring higher therapy levels, they will be one step closer to achieving improved sleep quality.



We are excited to be accompanying you on your journey towards a better quality of sleep!

If you have any further questions, email us at info@signifiermedical.com or call +1 844 MildOSA

Need to download the app? Scan here. »



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