



nidra<sup>®</sup>  
For Restless Legs Syndrome

NOCTRIX<sup>®</sup>  
HEALTH



**Clinically-proven RLS relief that begins with the touch of a button.**





## Meet Nidra therapy.

Nidra is a wearable device worn just below the knee. A 30-minute Nidra therapy session can provide hours of RLS relief.<sup>1</sup> Nidra is comfortable to sleep with and is strong enough to relieve even severe RLS symptoms.

**91%**  
**of patients**  
experienced improvements  
in RLS symptoms<sup>2</sup>

**11.7**  
**additional days**  
**per month**  
without RLS symptoms<sup>3</sup>

**No**  
**risk of**  
medication-related  
side effects

## How does Nidra relieve RLS?

Nidra uses a breakthrough high-frequency (4,000 Hz) peroneal nerve stimulation technology (Tonic Motor Activation®) to engage specific nerve fibers in the lower legs. This results in relief that is similar to what patients experience when moving their legs.





## With the touch of a button.

Each Nidra therapy unit is personalized and programmed with 5 different therapy levels unique to the needs of the patient.

At the onset of RLS symptoms, the patient activates a 30-minute Nidra therapy session. The devices can be used any time of day that symptoms are present.

# Which of your patients can benefit?

Any primary, moderate-severe RLS patient on medication that still struggles with RLS. All indicated patients (even those with varying medication class, iron status, baseline IRLS and comorbidities) have similar potential to benefit.<sup>4</sup>



“With the addition of Nidra, I’m under the best control that I’ve been in 30+ years. On many days I’m not symptomatic at all anymore. But when I do apply it, I get this wave of relaxation that comes over me.”

**Dr. Stephen Axelrode**

Living with RLS since 1991



“Nidra has changed my life by allowing me the ability to enjoy the simple pleasure of being still. For that, I’m grateful.”

**Tammy Rigsby**

Living with RLS since 1990



“Thanks to Nidra therapy, I’m able to do all my normal activities as my sleep is less disrupted.”

**Andy Gritti**

Living with RLS since 2001



# Clinically-proven.

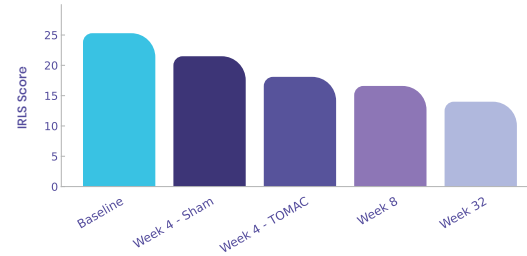
Nidra is clinically-proven to reduce RLS symptoms. Supported with multiple clinical trials and over 10,000 nights of clinical data, Tonic Motor Activation® (TOMAC®) technology represents a breakthrough in RLS treatment.<sup>2,3</sup>

The 2025 AASM Clinical Practice Guidelines for RLS now include Nidra (high-frequency bilateral peroneal nerve stimulation) with a favorable recommendation.

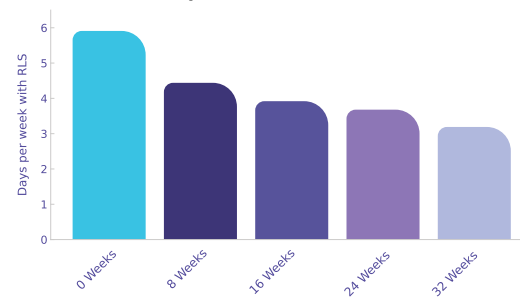


Visit [NidraRLS.com](https://NidraRLS.com) for a complete list of Nidra and TOMAC publications.

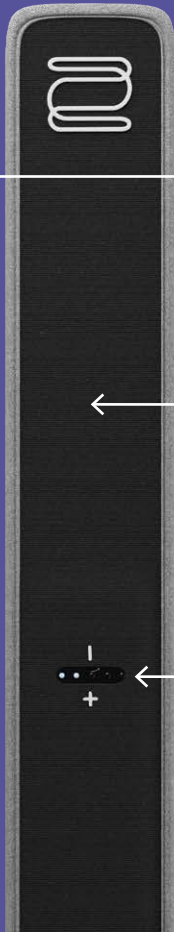
**11.3** point reduction in IRLS score at 32-weeks.<sup>3</sup>



**2.72** fewer days with RLS symptoms per week at 32-weeks.<sup>3</sup>



# The **Nidra** Device.



**Charge Dispersing Interface**  
Distributes the stimulation to the treatment target. Must be replaced weekly.

**Nidra Therapy Unit**  
Placed over the peroneal nerve and wrapped around each leg.

**Nidra Controls**  
Allows the patient to activate the device and adjust therapy intensity.





## The Nidra journey.



### Insurance approvals

After receiving the prescription, Noctrix coordinates the insurance approval process (including any appeals).



### Activation

Noctrix personalizes and activates the Nidra device in a training session with the patient.



### Therapy Onboarding

Noctrix onboards the patient with high-touch engagements to optimize therapy outcomes in the first 45 days.



### Support

After the first 45 days, the physician can follow up with the patient and notify Noctrix of any opportunities to improve therapy for non responders.

# Prescribing Nidra is easy!

Submit the completed prescription form to Rx@noctrixhealth.com or fax to 925-660-0115. Please consider including the information below in any patient notes to support a Nidra prescription.

## RLS

Diagnosis of moderate-severe primary RLS

## Iron

Documentation that iron deficiency has been excluded

## Drugs

Drug therapies tried and their effect



Scan here for more information on how to prescribe Nidra.

**Nidra TOMAC<sup>®</sup> System Prescription Form**  
Fax the completed form with signature to 925-660-0115, or e-mail to Rx@noctrixhealth.com

**patient information**  
Patient Name: \_\_\_\_\_  
Date of Birth: \_\_\_\_\_  
Please check the appropriate box:  
 New Order  Renewal

**Prescription Information**  
Nidra Tonic Motor Activation<sup>™</sup> (TOMAC<sup>™</sup>) system is comprised of: Two therapy units (one for each leg), charge dispersing interfaces and charging accessories.  
ICD-10 Code:  025.81  Other: \_\_\_\_\_ Diagnosis Description: \_\_\_\_\_  
I prescribe the use of Nidra TOMAC, as described above, for a period of:  
 24 months  Other: \_\_\_\_\_ (For Medicare patients, please do not exceed 24 months.)

**Prescriber Information**  
Prescriber Name (Last, First, Middle Initial): \_\_\_\_\_  
NPI Number: \_\_\_\_\_  
E-mail: \_\_\_\_\_  
Practice or Clinic Name: \_\_\_\_\_  
Office Phone: \_\_\_\_\_  
Office Fax: \_\_\_\_\_  
Office Address: \_\_\_\_\_

**Order Information**  
Treatment education, calibration and initiation of therapy will take place either in the patient's home, the prescriber's office, or a titration center. Upon completion of the education session, the patient may initiate treatment in the presence of Noctrix Health personnel.  
Preferred Treatment Start Date (at least 5 business days from receipt of all required paperwork): \_\_\_\_\_

**Prescriber Only to Complete. Original Signature Required, No Stamps**  
By signing and dating, I attest that I am prescribing Nidra TOMAC (DO NOT SUBSTITUTE) as medically necessary. I have read and understand all safety information and other instructions included with Nidra TOMAC.  
Prescriber Signature: \_\_\_\_\_ Date (MM/DD/YYYY): \_\_\_\_\_

For Questions or Additional Information: (866) LASE-RLS or Rx@NoctrixHealth.com

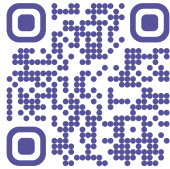
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Scan here for prescription help.

**Nidra** is the first and only **drug-free therapy** that is clinically proven to reduce symptoms of Restless Legs Syndrome.



Scan to learn more



**Medicare**  
Reimbursed



**AASM Guidelines**  
Favorable Recommendation



**45-day**  
Return Policy

## IMPORTANT SAFETY INFORMATION

### Contraindications

The Nidra TOMAC System is contraindicated for use in patients with the following:

- Diagnosis of epilepsy or other seizure disorder.
  - Active medical device implant anywhere in the body, including but not limited to pacemakers, spinal cord stimulators, deep brain stimulators.
  - Metal implant in the leg at the therapy site (not including knee replacements).
  - Known allergy to device materials (or severe previous reaction to medical adhesives or bandages)
  - Cellulitis, open sores, or injury at or near the location of therapy device application.
- The device cannot be used while driving, operating machinery, or during any activity in which electrical stimulation can put the patient at risk of injury.

### Potential Complications

There is a potential for the following side effects, which are typically mild to moderate and resolve over time:

- Mild skin irritation from use of adhesives.
- Temporary interference with sleep while wearing the device. For some people, the device may be uncomfortable.
- For others, the device may interfere with preferred sleep positions, thus interfering with sleep during usage.

Proper use of the device as described in the Instructions for Use (IFU) can help reduce or prevent the following complications: Discomfort, paresthesia (tingling or prickling sensation), or otherwise irritating or uncomfortable sensations during treatment. This risk is reduced by adjusting the stimulation intensity.

For additional information, please see the full Instructions for Use.

### INDICATION

The Nidra Tonic Motor Activation (TOMAC) System is intended to reduce symptoms of primary moderate-severe Restless Legs Syndrome and to improve sleep quality in adults refractory to medications.

**Rx Only. Caution:** Federal law restricts this device to sale by or on the order of a medical professional.

1. Noctrix Health. Data on File. CL-9 Report, Duration of relief from a single 30-minute session of NTX100 TOMAC. 2. Bogan RK, et al. Sleep. July 2023;46(10). 3. Roy A, et al. Sleep. July 2023;46(10). 4. Noctrix Health. Data on File. CL-01006.

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