

The Nightshift device is worn on the back of your neck and it gently vibrates if you roll onto your back, which can make snoring worse as gravity causes airways to narrow. The device keeps vibrating until you move on your side.

[www.cpapaustralia.com.au](http://www.cpapaustralia.com.au)

The UP by Jawbone wristband tracks your sleep patterns. The inbuilt alarm clock will then wake you each morning when you are in your lightest sleep phase - so you won't feel as sluggish and sleepy when your alarm does sound. [www.jawbone.com](http://www.jawbone.com)

## HI-TECH SLEEP

*Why not try an app for your Smart Phone or I pad?*



Provent Therapy is a simple treatment for sleep apnea. A mask -free alternative to CPAP, the small device is worn on the nose and uses your own breath to help keep your airway open and reduce vibrations that cause snoring.

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