

## Noctura 400 Sleep Mask for Diabetic Retinopathy

The Noctura 400 Sleep Mask is a non-invasive medical device designed for the treatment of diabetic retinopathy and diabetic macular edema, two common eye complications associated with diabetes. This innovative approach uses light therapy as a part of its treatment modality. Here's a detailed description of its use and mechanism:

- 1. Purpose and Indication:** The Noctura 400 is specifically targeted towards patients with diabetic retinopathy and diabetic macular edema. These conditions are characterized by damage to the retinal blood vessels due to high blood sugar levels, leading to vision impairment.
- 2. Mechanism of Action:** The mask emits a low-level green light during sleep. The principle behind the treatment is based on the concept that low-level light can help to reduce the oxygen demand of the retina during sleep. In non-diabetic individuals, the rods in the retina are naturally less active in the dark, reducing the oxygen demand. However, in diabetic patients, the rods may remain active throughout the night, consuming more oxygen and exacerbating retinal damage. The light from the Noctura 400 mask is designed to 'trick' the rods into a state of rest, thereby reducing their oxygen demand.
- 3. Usage:** The mask is worn during sleeping hours. It is designed to be comfortable and should not disrupt normal sleep patterns. The light emitted is subtle and should not be disruptive.
- 4. Treatment Duration:** Treatment duration and frequency can vary based on individual patient needs and the severity of the retinal damage. The effectiveness and the course of the treatment should be monitored regularly by an eye care professional.
- 5. Benefits:** This treatment offers a non-invasive alternative to more traditional treatments for diabetic retinopathy and macular edema, such as laser therapy or injections. It's particularly beneficial for patients who are seeking less invasive options or those who may not be suitable candidates for other forms of treatment.
- 6. Considerations and Monitoring:** It's important for patients to have regular check-ups with their eye specialist to monitor the progression of their diabetic eye disease and the effectiveness of the Noctura 400 mask. Additionally, optimal management of diabetes through blood sugar control, blood pressure management, and cholesterol control remains crucial.
- 7. Safety and Contraindications:** As with any medical device, there may be contraindications and it is important to use the Noctura 400 under the guidance of a healthcare professional. The patient's overall eye health and specific medical circumstances should be evaluated before starting the treatment.
- 8. Cost and availability :** The cost to the patient per treatment cycle is:  
12 weeks Noctura 400 treatment cycle. telephone support and follow up throughout the treatment cycle. data management and treatment data sharing shared with your consultant.  
£300 (inclusive of VAT) per 12 weeks

We would arrange replacement masks towards the end of each treatment cycle and repeat the process outlined above.

#### **9. Contact details:**

Telephone 01740 625 555

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In conclusion the The Noctura 400 Sleep Mask represents an innovative approach in the management of diabetic retinopathy and macular edema. However, patients should always consult with their healthcare provider or ophthalmologist to determine the most appropriate treatment options for their specific condition.

Nicholas Lee 2023