



myNarval



myNarval

Make your sleep progress visible

A new way to **stay connected with your dental sleep therapy.**

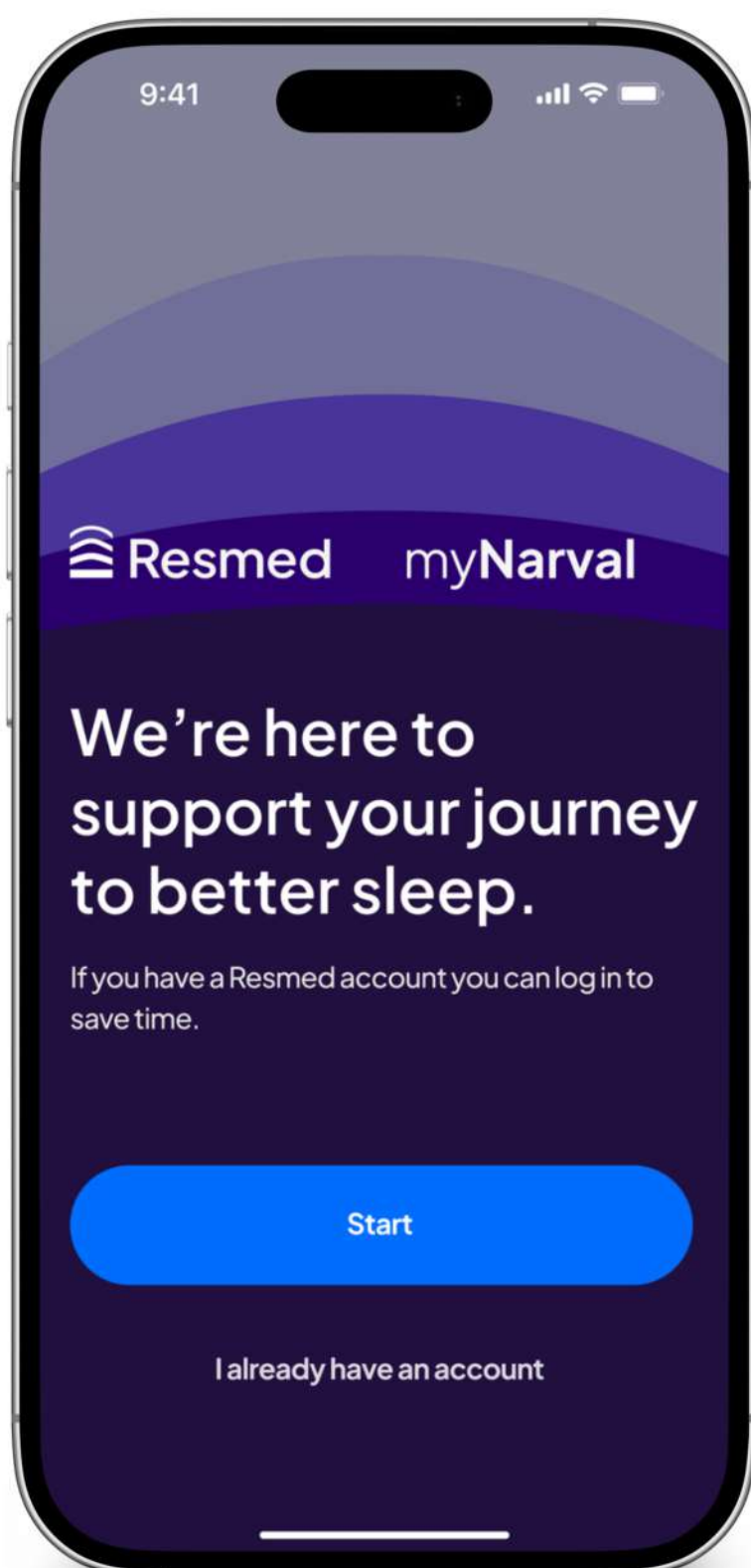
Track your progress, stay motivated, and take part in your journey to better sleep.

What is myNarval ?

A companion app designed with ease of use in mind, for Narval CC patients.

myNarval **helps you stay engaged** with your Narval CC oral appliance therapy by showing how your nights evolve.

It's not a medical diagnostic tool – it's a personal companion that helps you **see your progress and stay motivated**.



Key features at a glance

Visualize. Understand. Stay motivated.



Visual feedback:

View your sleep trends based on oxygen and heart rate data from a compatible O₂ ring.



Progress comparison :

See the difference between treated and untreated nights.



Personalized support :

Receive encouragement and reminders through the built-in Narval Support Program.

Because better sleep often starts with **understanding your own progress.**



Understand your night with myNarval

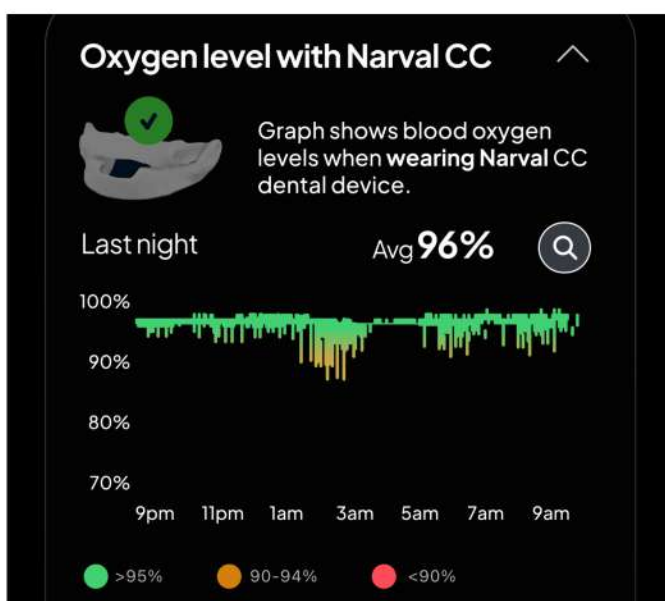
Your sleep, simply visualized.



Oxygen Drops per Hour

Counts how many times per hour your oxygen level falls slightly. Fewer drops mean calmer, steadier breathing.

These values help you see how your oral appliance supports better sleep.

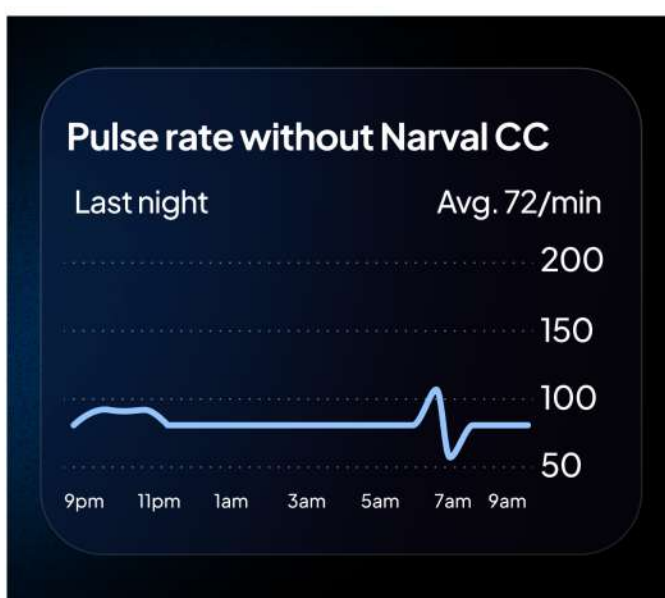


SpO2 (Oxygen Level)

When breathing is normal, oxygen levels in the blood usually stay between 95 % and 100 %.

Simply and clearly

myNarval helps you spot how your oxygen changes during the night.



Heart Rate

Shows how your heart beats through the night.

A smoother, steadier rhythm often means more restful sleep². You'll see how your body relaxes as you adapt to your therapy.

Small numbers. **Big insights.**

Why follow your oxygen and heart rate?

- Stay **engaged** and **track real progress**.
- See your progress **with and without treatment**.
- **Share your results** easily with your care team.
- **Understand how** your nightly routine affects your sleep.

Your oxygen and heart data

- what studies show

- Tracking oxygen drops helps detect changes early and guide adjustments in oral appliance therapy¹.
- Changes in heart rate during sleep may reflect how your body responds throughout the night¹.
- Oximetry offers a simple way to keep an eye on your oxygen levels between medical visits².



Focus engagement plan

Your personalized support program with myNarval

Because every sleep journey is unique

myNarval helps you **stay confident and motivated** while using your Narval CC oral appliance – from your very first night and throughout your therapy.

It's not a medical tool, but a personal companion designed to **support you at your own pace**.

How it works

1

Tell us about yourself

When you set up the app, answer a few simple questions about your sleep and routine. This helps myNarval tailor your experience.

2

Receive personalized messages

You'll get gentle tips, reminders, and motivation –right when you need them. Whether it's encouragement to keep going or help to adjust, your guidance is just a tap away.

3

Evolving support

First month : frequent messages to help you adapt

Afterward : steady check-ins to keep you on track

Long term : motivation and insights for up to 3 years



What makes it special



Tailored coaching

Guidance based on your needs



Smart reminders

Gentle motivation to stay consistent



Long-term support

Encouragement that evolves with you

Always your data, your choice

myNarval only **uses the information you share** to personalize your experience.

You stay in control of your data, update your preferences anytime in the app.

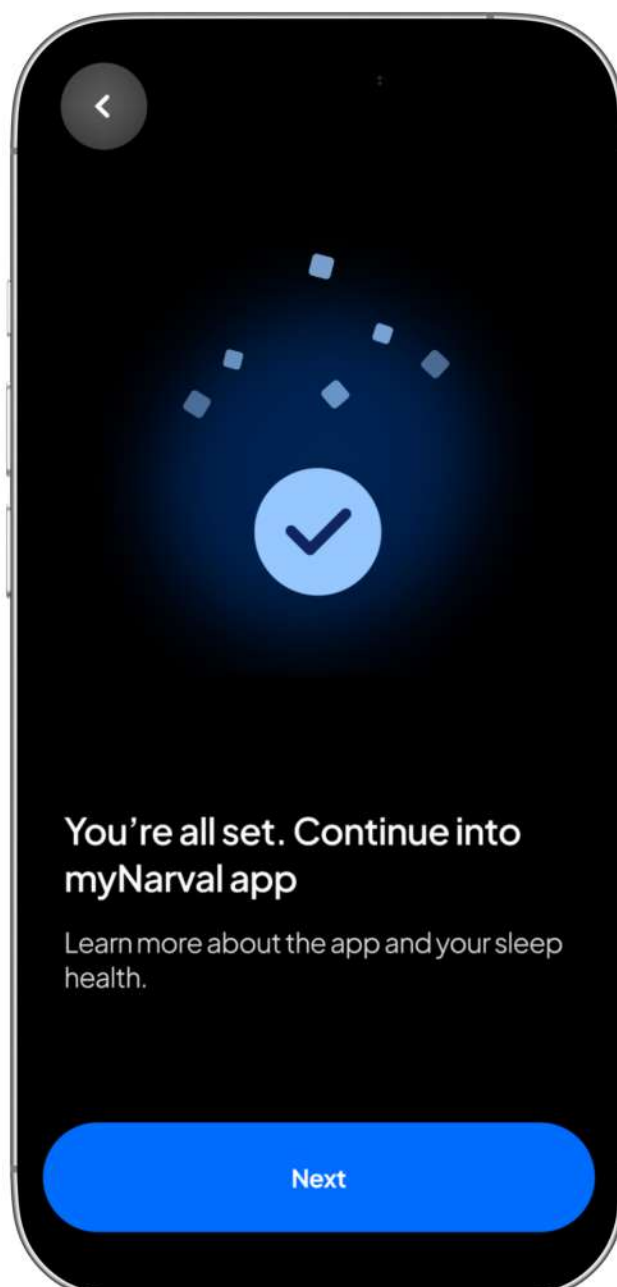
How to download myNarval ?

Getting started is quick and easy!

- 1 Scan the QR code**
or search “myNarval by Resmed”
in the **App Store / Google Play**.



- 2 Create your account**
following the on-screen steps.
- 3 Confirm your registration**
via email



How to connect the O₂ Ring ?

Bring your sleep data to life

Connecting your O₂ ring allows myNarval to display your oxygen and heart rate trends – helping you see how your therapy is working.

Steps

- 1 Make sure **Bluetooth** is **enabled** on your smartphone and that the **O₂ ring** is **fully charged**.
- 2 **Open myNarval** and follow the “**Connect your O₂ ring**” instructions.
- 3 **Wear your O₂ ring overnight** while using your Narval CC device.



Registering on myNarval : quick and easy

1. Download the myNarval app

Search for “myNarval by Resmed” in the App Store or Google Play to download the app to your phone. You can also scan the QR code using your smartphone’s camera.



2. Sign in or create an account

If you already have a myNarval account, you can log in directly using your username and password.

If you’re a new user, click “Create an account” and fill in the required fields.

A screenshot of the myNarval app's account creation interface. At the top, the Resmed logo and 'myNarval' text are visible. Below, the heading 'Create your account' is followed by a welcome message: 'Welcome! Your account will let you see your sleep data and insights.' There are two input fields: 'First name *' and 'Last name *', both with red asterisks indicating they are required.

3. Activate your account

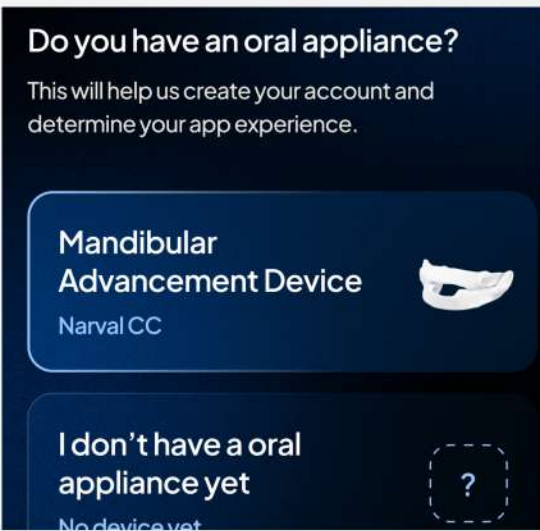
Check your inbox. You should receive an email from Resmed asking you to activate your account. Click the link in the email, then follow the instructions to create your password.

If you don’t see the email, please check your spam or junk folder.

A screenshot of an email used for account activation. The text reads: 'You created your Resmed account. Select Activate my account to set your password.' Below this, it states 'Your username is: Chrisk@resmed.com'. There is a prominent purple button labeled 'Activate my account'. Underneath the button, it says 'This link is valid for 7 days.' At the bottom, it provides a link for help: 'If you're having trouble, [contact support.](#)'

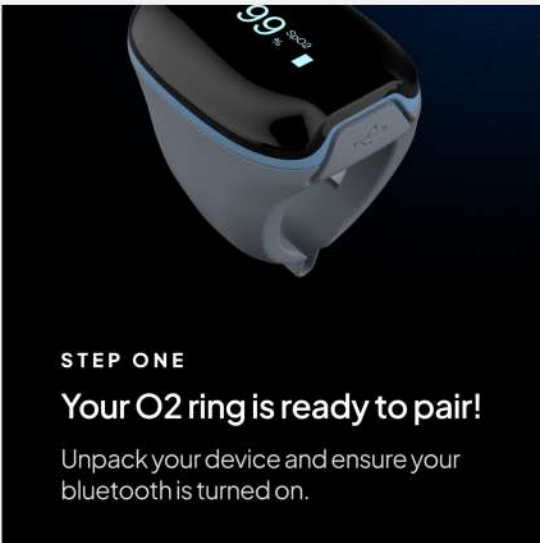
4. Personalize your experience

Answer a few quick questions to help us personalize your experience. By sharing your treatment background, your preferences, and whether you currently use an oral appliance, you enable us to provide content and guidance that are truly relevant to you.



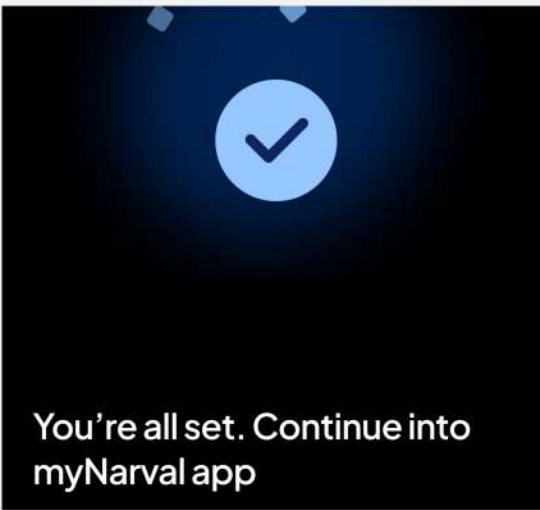
5. Connect the O2 Ring

To connect your O2 ring, first turn on Bluetooth on your smartphone. Place the ring on your finger, then open the app and select your device from the list. Tap “**Register**” to complete the connection. That’s it – your ring is ready to use.



6. Get started!

Congratulations! You’re ready to experience myNarval!



Start seeing your progress tonight.

Download myNarval app



- 1.Metz JE, Attarian HP, Harrison MC, Blank JE, Takacs CM, Smith DL and Gozal D (2019). High-Resolution Pulse Oximetry and Titration of a Mandibular Advancement Device for Obstructive Sleep Apnea. Front. Neurol. 10:757. doi: 10.3389/fneur.2019.00757
- 2.Singh S, Khan SZ, Singh D, Verma S, Talwar A. The uses of overnight pulse oximetry. Lung India 2020;37:151-7.

myNarval is not a medical device.

PROMOTIONAL MATERIAL - Narval CC is compliant with applicable regulations.

Manufacturer: Resmed.

Pulse Oxymeter O2 ring is a CE-marked medical device (CE NB0197).

Manufacturer: Shenzhen Viatom Technology Co., Ltd.

Local contact: Resmed. Please refer to the instructions for use for relevant information related to any contraindications, warnings and precautions.

© 2026 Resmed SAS. 10114607/1, 04-2026