



## NEWS RELEASE

# National Sleep Survey Launch on "The Dr. Oz Show" to Determine America's Sleep Score

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ResMed's "Million Nights Sleep Score Giveaway" on "The Dr. Oz Show" offers viewers a pathway to healthier sleep. SAN DIEGO, Oct. 18, 2016 /PRNewswire/ -- ResMed (NYSE: RMD), the global leader in medical devices and digital connected care for the diagnosis, treatment and management of sleep apnea, is teaming up with "The Dr. Oz Show" to launch a campaign to foster better public understanding of sleep health.

The campaign will kick off on "The Dr. Oz Show" airing Thursday, October 20.

Dr. Oz Show viewers will have the opportunity to enroll in a national sleep survey and be eligible to receive a free S+ by ResMed. ResMed will be giving away 1,000 of its award-winning S+ sleep monitors. S+ by ResMed is the world's first non-contact sleep tracker and smartphone app designed to help people track, better understand and improve their sleep.

ResMed and "The Dr. Oz Show" will use sleep data anonymously collected from the show's registered S+ users to determine, for the first time, America's overall "Sleep Score."

To demonstrate how the S+ by ResMed determines sleep scores, several Dr. Oz Show viewers have been provided with the S+ and asked to log their sleep scores, which will range between zero and 100.

Dr. Michael Breus, a clinical psychologist, Diplomate of the American Board of Sleep Medicine, Fellow of The American Academy of Sleep Medicine, and member of "The Dr. Oz Show's" clinical advisory board, will reveal the

sleep scores of each of these viewers on the October 20 broadcast.

"Sleep is the most underappreciated health crisis in America," said Dr. Mehmet Oz, host of "The Dr. Oz Show."

"Type 'Why am I' into Google and the first and most commonly searched terms are 'so tired' and 'always tired.' In our surveys, 42 percent of respondents sleep less than six hours a night. This partnership with ResMed is a great way for us to assess the sleep habits of our nation. Understanding public health patterns lets us build new pathways to wellness, and sleep is an area where we can make a huge difference."

"We are excited about highlighting the importance of healthy sleep with Dr. Oz, and promoting the need for a sleep revolution," said Colin Lawlor, ResMed's vice president of consumer programs. "Our goal is to give Dr. Oz's viewers and the general public a greater appreciation for sleep by empowering them with the technology that can help them lead more productive, healthier and happier lives."

As part of the campaign, more than 20,000 viewers will also be able to participate and purchase an S+ by ResMed for only \$50 (a \$79.99 discount from the manufacturer's suggested retail price), by redeeming a code through **[www.doctoroz.com](http://www.doctoroz.com)**.

For more information about the campaign, including terms and conditions, visit **[www.sleepscore.com](http://www.sleepscore.com)**. Dr. Oz has partnered with ResMed, maker of the S+ device, to promote sleep awareness and healthy sleep.

Viewers that enroll in the survey will also be entered to win a romantic dream vacation to the newest property in the portfolio of Six Senses Hotels Resorts Spas: **Six Senses Zil Pasyon**. The resort is located on the private island of Félicité in the Seychelles, accessible by helicopter or speedboat, and features 30 pool villas.

## About S+

S+ by ResMed is the world's first non-contact sleep tracker, which uses patented bio-motion sensors to measure your sleep stages and environment, and deliver personalized feedback that helps improve your sleep from the very first night. It monitors breathing patterns and body movements without requiring uncomfortable wristbands, mattress strips or electrodes. It also captures the light, noise and temperature levels in your room, and lets you log lifestyle factors that can affect sleep such as caffeine and exercise, to analyze patterns over time and deliver personalized sleep strategies.

The capabilities of the S+ go beyond those of fitness devices available on the market. Its personalized suggestions are informed by more than two million nights of sleep data. It offers the most accurate sleep score available in any home-based technology. Its accuracy is validated in more than 10 clinical studies. The S+ has also won awards from Frost & Sullivan, Red Dot and CES. Learn more at **[mySplus.com](http://mySplus.com)**.

## About ResMed

ResMed (NYSE:RMD) changes lives with award-winning medical devices and cutting-edge cloud-based software applications that better diagnose, treat and manage sleep apnea, chronic obstructive pulmonary disease (COPD) and other chronic diseases. ResMed is a global leader in connected care, with more than 2 million patients remotely monitored every day. Our 5,000-strong team is committed to creating the world's best tech-driven medical device company – improving quality of life, reducing the impact of chronic disease, and saving healthcare costs in more than 100 countries.

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