



Embr Wave

**"The Embr Wave has been a game changer for hot flashes.** This has been the only thing that has given me relief. Get one today if you have hot flashes, it will change your life!"

Anna P.

**Hot flashes are one of the most common and most distressing symptoms of menopause<sup>1</sup>.**

Hot flashes can interrupt daily activities, disrupt sleep, and have a profound negative impact on quality of life.

## Immediate Hot Flash Relief

**Embr Wave<sup>®</sup>** patented technology delivers precisely engineered cooling or warming Thermal Waves™ at the touch of a button, for immediate hot flash relief on demand. Clinical research has shown that wearing Embr Wave gives you immediate relief from hot flashes and improves sleep.

# Embr Wave 2

a new solution for natural management of hot flashes

**Embr Wave** is a revolutionary solution for hot flashes and other temperature-related symptoms that offers safe, effective, and convenient relief when you need it most. Embr Wave patented technology delivers precisely engineered cooling or warming Thermal Waves. By targeting the temperature-sensitive skin of the inner wrist, Embr Wave uses a little bit of temperature to make a big difference in how you feel overall. For a more personalized experience, pair your Embr Wave with its companion mobile app via Bluetooth to easily customize Thermal Waves, reprogram your Wave's button controls, track your progress, and more.

Clinical research has shown that wearing Embr Wave gives you immediate relief from hot flashes and night sweats and improves sleep. Discover why Embr Wave customers have logged more than 150 million minutes of cooling and warming to help with hot flashes, sleep, stress, comfort, and more.

**Embr Wave is sold online and at select retail partners.**



## Hot flash relief at the touch of a button



### 1. WEAR

Wear Embr Wave on the **inside of your wrist** to be ready for hot flashes – anytime, anywhere.



### 2. PRESS

Easily and discreetly press the button to **instantly start cooling** when you feel a hot flash coming on.



### 3. FEEL

The cooling waves trigger a **natural mind-body response** that helps you feel better within seconds.

# What are hot flashes?

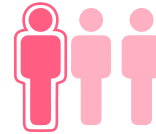
Hot flashes are most often described as an **intense uncomfortable sensation of heat as well as flushing and sweating**<sup>4</sup>. Other common symptoms include chills, anxiety, and heart palpitations. Hot flashes can occur any time during the day or night and usually last for several minutes (or longer in some individuals). They can be spontaneous or triggered by sudden ambient temperature change, stress, alcohol, caffeine, or a warm drink.

Hot flashes are most commonly experienced by women between the age of 40 and 65 as a result of menopause<sup>2,3</sup>. Most women experience hot flashes for 4 to 7 years, but they can last even longer.

## Hot flashes are the most common symptom of menopause



Up to **80%** of women will experience hot flashes and night sweats during menopause<sup>1</sup>.



**1/3** of these will experience **moderate to severe** hot flashes that interfere with sleep and daily life<sup>3</sup>.

By 2025

# 1.1 Billion Women

worldwide will be going through menopause<sup>1</sup>.

### Hot flashes usually consist of...



feeling of sudden intense heat



profuse sweating



flushing

### And are often associated with...



sleep disturbance



anxiety



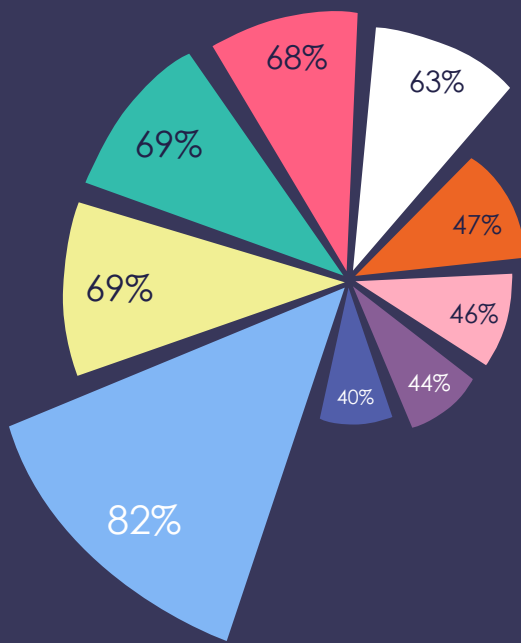
heart palpitations



chills

# Impact of hot flashes

In many women, hot flashes are incredibly disruptive and stressful<sup>8</sup>. Hot flashes and night sweats (nighttime hot flashes that produce drenching sweat) can interrupt sleep and cause chronic sleep deprivation and fatigue. Women who experience frequent and severe hot flashes often experience increased stress and anxiety, chronic insomnia or sleep disturbance, fatigue, reduced cognitive functioning (brain fog), impaired ability to perform daily activities, lower work productivity, reduced physical and mental health, and increased healthcare utilization<sup>9</sup>.

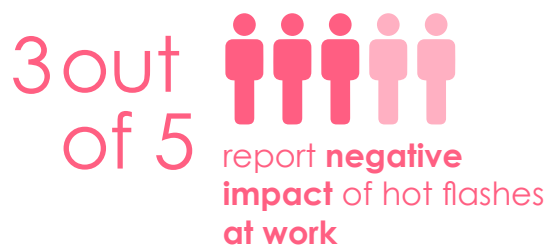


Menopausal women reported a negative impact of hot flashes on<sup>20</sup>:

- Sleep
- Concentration
- Overall Quality of Life
- Mood
- Total Energy Level
- Leisure Activities
- Work
- Social Activities
- Sexual Activity

## Hot flashes in the workplace

Three out of five women between the age of 45 and 55 who experience symptoms of menopause report that their symptoms negatively impacted them at work<sup>10</sup>.



## Hot flashes and sleep

Hot flashes and night sweats often produce chronic sleep deprivation and fatigue<sup>3</sup>.

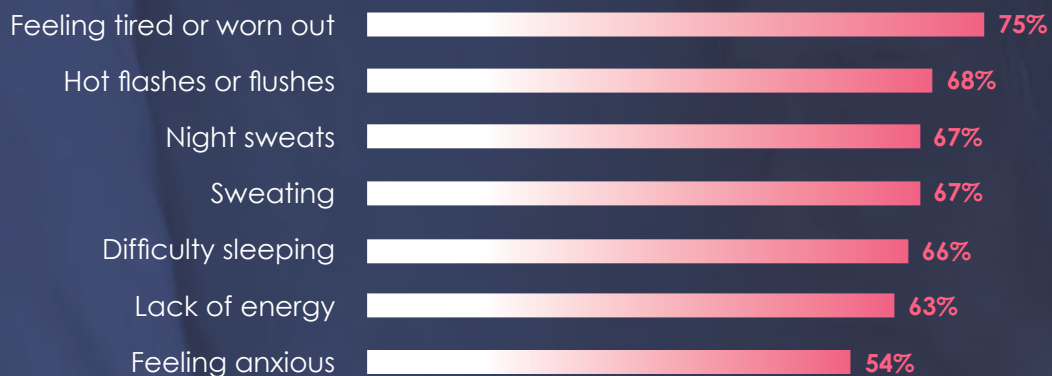




# Hot flashes are caused by hormone changes during menopause

During menopause, the decline in estrogen impacts the brain and produces many of the common symptoms of menopause, including hot flashes, difficulty sleeping, anxiety and depression, brain fog, and migraine<sup>5,6</sup>. Hot flashes may be the only symptom of menopause experienced by some women, while other women may experience many menopausal symptoms.

## Hot flashes, fatigue, and difficulty sleeping are among the most common menopausal symptoms<sup>3</sup>



## Hot flashes and stress

Hot flashes are associated with activation of the sympathetic nervous system, which causes the body's "fight or flight" stress response<sup>7</sup>. During a hot flash, some women experience stress symptoms such as heart palpitations, lower heart rate variability, and increased cortisol (stress hormone<sup>8</sup>). In many women, stress can trigger a hot flash. Women with chronic anxiety, a condition associated with chronic stress, are 3 times more likely to experience moderate to severe hot flashes<sup>7</sup>. Conversely, strategies that reduce stress are effective for managing hot flashes, improving sleep and quality of life<sup>7,9</sup>.

## Hot flashes and cancer

**80%** of breast and prostate cancer patients experience hot flashes

which are often frequent and severe and negatively impact sleep, mood, and energy<sup>10</sup>. Hot flashes are also common in women being treated for **gynecological cancer**.

# Need for hot flash solutions

The current primary strategy for management of hot flashes is lifestyle modification that includes managing the environment (e.g., localized cooling with cold objects, avoiding heat, dressing in layers, carrying a fan) and modifying behavior (e.g., exercising, practicing deep breathing or mindfulness meditation, avoiding hot flash triggers such as alcohol and caffeine)<sup>1</sup>. Although hormone therapy and medications are available, many women are unwilling or unable to use these and seek alternative options such as supplements. For women who use medicinal options, many still need in-the-moment relief when a hot flash does occur. There is a need for alternative solutions for management of hot flashes.



**93%** of menopausal women seek noninvasive technology-related solutions for menopausal symptoms<sup>11</sup>.

## Technology-based solutions can deliver immediate personalized hot flash relief

### Localized cooling is the most common method for managing a hot flash

Hot flashes are triggered when the brain mistakenly sends a signal to dispel excess heat from the body and increases blood flow to the skin<sup>4,7</sup>. This increases skin temperature and produces the sensation of intense heat throughout the body.

**Applying cooling to the skin is a nonmedicinal, effective, and scientifically-backed tool that uses the power of temperature to provide relief from hot flashes<sup>16,19</sup>.** Menopausal women have already figured this out! Localized cooling of the skin with ice or cool objects is the most common strategy for managing hot flashes.

# Embr Wave

## Backed by clinical research

**Embr Wave is backed by published peer-reviewed clinical research.** In a study of healthy individuals who were placed in an uncomfortably warm or cold environment, wearing Embr Wave for only 3 minutes produced a perceived change in environmental temperature of at least 5°F warmer or cooler, on average<sup>13</sup>. Women in particular reported a larger average perceived temperature change of 9°F cooler and 6°F warmer.

## Hot flash relief with Embr Wave

In clinical studies in women with menopausal hot flashes, Embr Wave produced relief from hot flashes during the day and night<sup>14,15</sup>. In a study in women with sleep-disrupting hot flashes, use of Embr Wave for 2 weeks produced improvements in multiple measures of sleep, reduced daytime sleepiness, and improved hot flash control<sup>14</sup>. Embr Wave also increased thermal comfort during a hot flash and improved the ability to return to sleep after a nighttime hot flash. In a separate pilot study in menopausal women with mild to moderate hot flashes, use of Embr Wave improved menopause-related quality of life<sup>15</sup>.



**In women with sleep-disrupting night sweats<sup>14</sup>, Embr Wave resulted in:**

**28%**

less time to fall asleep

**25%**

less daytime sleepiness

**21%**

less difficulty sleeping

**In women who used Embr Wave for menopausal hot flashes<sup>14</sup>:**

**7/10**

reported improved thermal control during a hot flash

**2x**

Over improvement in hot flash control

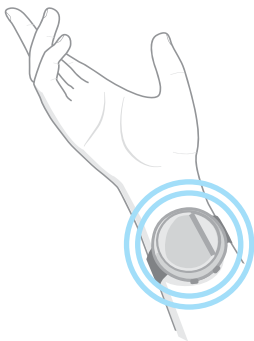
## Hot flashes in prostate and breast cancer

Embr Labs conducted a study of Embr Wave in men who experience bothersome hot flashes as a result of prostate cancer treatment. Study participants reported experiencing fewer hot flashes, improved control over hot flashes, reduced hot flash interference with daily life, and improved sleep with Embr Wave<sup>21</sup>.

Embr Labs is also conducting a study of Embr Wave in women who experience bothersome hot flashes resulting from breast cancer treatment.

# How it works

**Embr Wave works with your body to provide immediate relief from hot flashes.** Precisely engineered temperature sensations cool the sensitive skin on the inner wrist and activate a natural mind-body response that produces full body relief from hot flashes and night sweats.



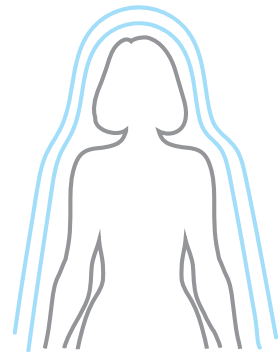
## Temperature Sensation

You feel cooling or warming waves come and go on your wrist.



## Natural Response

The sensitive nerve endings beneath your skin tell your brain that the temperature is changing.



## Feel Better Overall

Within minutes, your body balances itself so you can feel relief, naturally.



## Supported by hot flash research

Cooling a small part of the body is a safe, effective, and scientifically-backed solution that works with your brain and body to provide rapid hot flash relief<sup>16,19</sup>.



## Temperature is personal

The Embr Wave mobile app provides access to personalized cooling and warming sensations designed specifically for hot flashes, sleep, and stress.



# The Science of temperature

**Embr Wave uses advances in thermal science for natural relief.** Small changes in temperature can have a big impact on how you feel. Think of how dipping your feet in cold water can make your whole body feel cool, calm, and refreshed. Or how holding a hot mug of cocoa in your hands can warm you from head to toe. Embr Wave works naturally with your body so that a little bit of temperature makes a big difference in how you feel.

**Interoception:** The mind-body connection that determines how you feel<sup>18</sup>. The interoceptive system takes in signals from across the body to determine if you feel relaxed or excited, hot or cold, tired or awake, hungry or full. Interoceptive solutions are a new type of innovation that use the mind-body connection to provide comfort<sup>16,17</sup>.

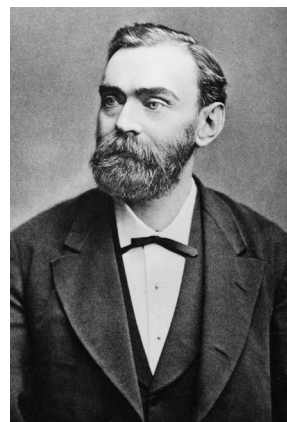
**FEELS COOL LIKE**  
dipping your toes in water



**FEELS WARM LIKE**  
holding a mug of coffee



**Embr Wave**  
harnesses the power of temperature to bring you relief and comfort at the press of a button.



**2021 Nobel Prize in Medicine**  
Embr Wave is made possible by the breakthrough research on the neurophysiology of temperature sensation.

# Embr Labs technology

**Embr Wave** is an intelligent wristband that cools or warms on demand to provide thermal relief and comfort by helping to balance the autonomic nervous system. The company's patented technology harnesses the power of temperature to deliver a brand new category of safe and natural solutions to manage hot flashes, sleep issues, stress, thermal discomfort, and more. Since its introduction in 2017, over 100,000 Embr Waves have been sold. The highly rated Embr Wave companion mobile app provides increased customization of Embr Wave for an optimal personalized experience.

## About Embr Labs

Founded by MIT-trained engineers, Embr Labs is pioneering the use of temperature as a new pathway to the brain. The company is proudly led by a female CEO and a female Chief Medical Officer, and its growing team has been recognized by the Boston Women's Workforce Council for gender and racial diversity. Embr Labs is committed to the belief that a wide range of identities and experiences—from the engineering lab to the board room—are essential for creating the best possible products and workplace. Embr Labs continues to advance the design and application of their groundbreaking technology through peer-reviewed scientific research and clinical trials.

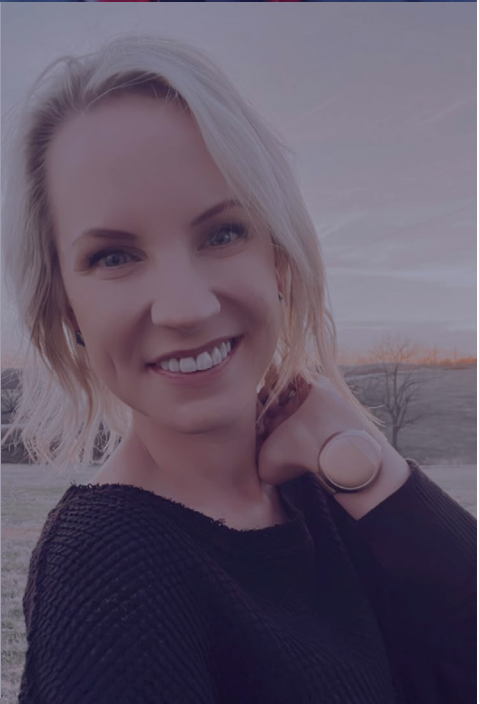
Embr Labs has received numerous innovation and design awards, including the AARP Innovation in Aging Award, Time Magazine's Best Inventions, the 2021 International Forum Product Design Award, the 2021 Good Design Award, and the 2022 Frost & Sullivan Best Practices Technology Innovation Leadership Award in Menopause Care.



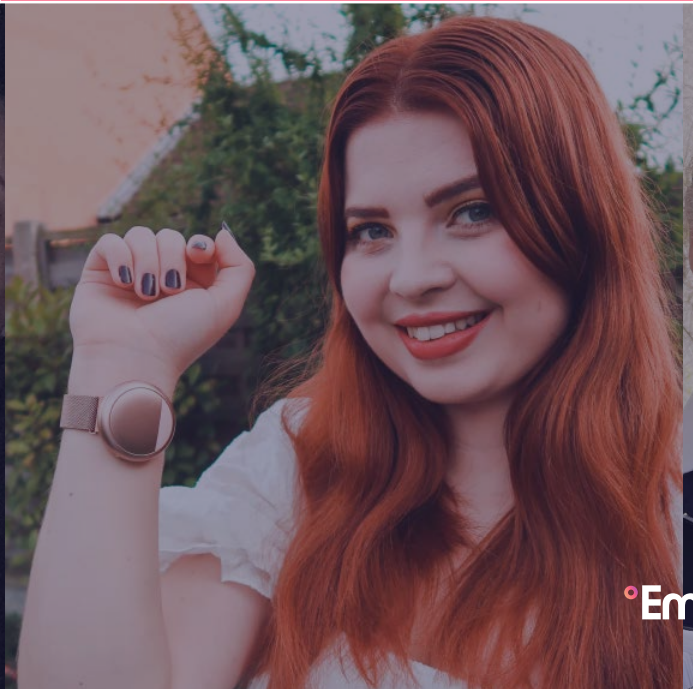
The company is backed by investors including Bose Ventures, DigiTx Partners, Safar Partners, Esplanade Ventures, and Intel Capital.







With **thousands of reviews** and **happy customers** across the globe, Embr Labs technology has proved itself both in the lab and in the real world. Every day, Embr Wave provides relief to people suffering from hot flashes. As one wearer put it, **“Embr Wave has given me back the confidence to leave the house more often and enjoy life.”**



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