

Sleepio & Daylight: 'How-To' Guide for referring patients

Sleepio: online sleep improvement programme

How do I explain what Sleepio is and how it works?

The key points to cover when describing Sleepio to patients are:

- Sleepio is a digital programme of Cognitive Behavioural Therapy that is clinically proven to improve sleep. On average, users who have completed the programme report >5 hours' extra sleep per week as well as improved sleep quality
- You should aim to complete Sleepio on a laptop or desktop computer. Over 80% of our users find this is the best way of engaging with the programme
- In order to see best results, you must give enough time and effort to fully commit to the programme. This includes one 20-minute CBT session per week, keeping a daily sleep diary, and putting the lessons you learn into practice at night
- The content of the course will adapt to your individual needs, based on your sleep diary and your overall sleep score
- If you don't feel ready for CBT yet, the Sleepio website has helpful expert guides for specific factors that may be contributing to poor sleep – including shift work, pregnancy, jet lag, and many others
- We do not recommend using Sleepio just before you go to bed or while in bed. The iPhone app offers some techniques for if you're in bed and can't sleep, but in general it's best to use these only when you really need them

Who can I prescribe Sleepio to?

Sleepio is safe for use in all patient cohorts. It can help to improve sleep and mental health for those suffering with chronic insomnia, as well as those with less severe sleep difficulties.

Sleepio has been shown to be clinically safe in 10 RCTs and real-world projects in >100,000 users. It does not cause any of the negative side effects associated with sleep medication.

How do I prescribe Sleepio?

- It is very simple to prescribe Sleepio - all you need to do is give your patients the Sleepio website address: www.sleepio.com/redeem and enter the code PMC2020.
- Users will visit this address to register for an account and start using Sleepio on their laptop or desktop computer
- The programme is self-guided: users will not require ongoing clinician involvement

Daylight: smartphone-based app that provides help with worry and anxiety

How do I explain what Daylight is and how it works?

- Daylight is a tailored self-help system. If you're bothered by worry and anxiety, Daylight may be right for you
- Daylight is based on techniques from cognitive behavioural therapy (CBT) for worry and anxiety. CBT techniques have been studied in many different formats, including in-person therapy, self-help books, and digital programmes
- These techniques have been shown to be effective in helping many people reduce their worry and anxiety⁽¹⁻⁴⁾
- Daylight is a form of personalized self-help with specific guidance based on your particular problematic thoughts, behaviours, and responses to worry and anxiety
- Daylight is designed to be like CBT in that it is "collaborative." The program guides you through a range of techniques and you decide what to put into practice
- One of the key features of Daylight is that it is designed for you to use how you want, when you want. For best results, we recommend using the program for a few minutes each day. This will speed up your learning and help you feel better faster

Who can I prescribe Daylight to?

- Daylight is suitable for adults with persistent problems with worry and anxiety but who otherwise have stable physical and mental health
- Daylight is suitable for adults, 18 years of age or more, experiencing difficulties with worry and anxiety
- Individuals with other anxiety difficulties, including, panic attacks, social anxiety, trauma-related anxiety) may also benefit from the CBT techniques that Daylight is based on, however, Daylight is not intended to address these issues. Individuals who want to focus on these other areas of anxiety specifically should speak to a mental health or medical provider
- Please refer [here](#) for further information on who Daylight may not be suitable for and for the potential risks

How do I prescribe Daylight?

- It is very simple to prescribe Daylight - all you need to do is give your patients the Sleepio website address: www.trydaylight.com/access.
- Users will visit this address to register for an account. Once completed, they will be prompted to download the Daylight smartphone app to start the programme.
- The programme is self-guided: users will not require ongoing clinician involvement

References

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2. Carpenter, J. K., Andrews, L. A., Witcraft, S. M., Powers, M. B., Smits, J. A., & Hofmann, S. G. (2018). Cognitive behavioral therapy for anxiety and related disorders: A meta-analysis of randomized placebo-controlled trials. *Depression and Anxiety, 35*(6), 502-514.
3. Loerinc, A. G., Meuret, A. E., Twohig, M. P., Rosenfield, D., Bluett, E. J., & Craske, M. G. (2015). Response rates for CBT for anxiety disorders: Need for standardized criteria. *Clinical Psychology Review, 42*, 72-82.
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