

Sleepio Overview

Big Health

Bringing millions back to better mental health

Sleepio Overview



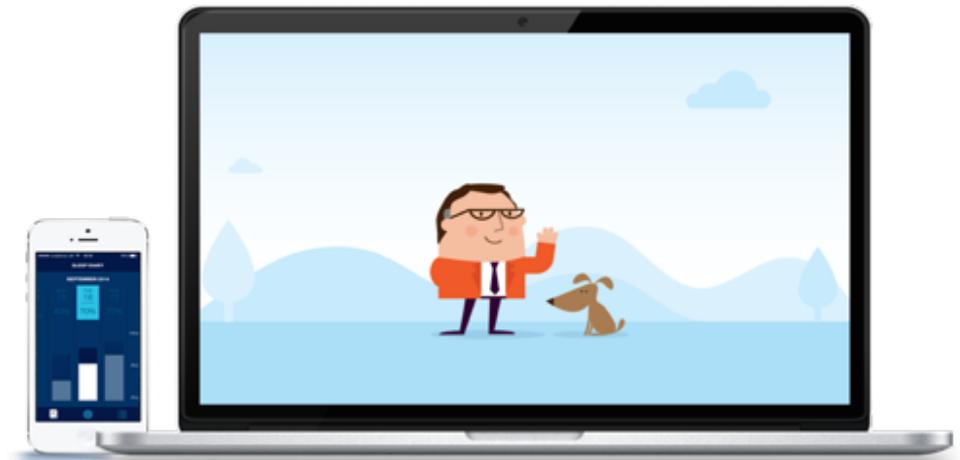
Sleepio



Sleepio is a clinically-evidenced, gold-standard therapy with no waiting list

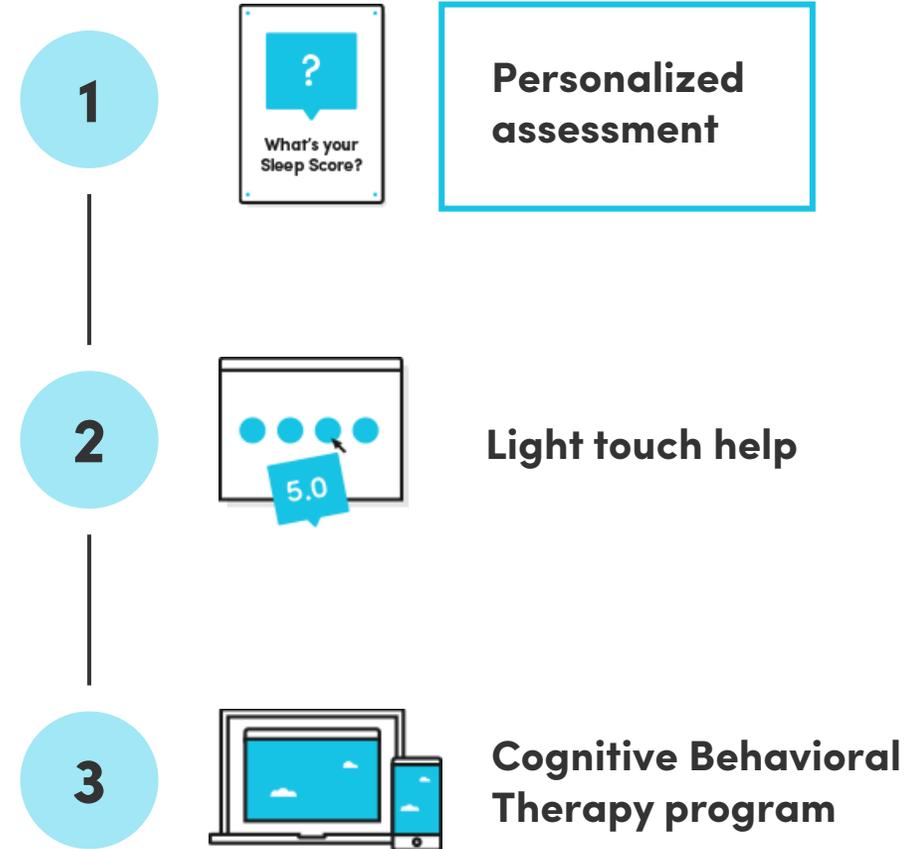
What is Sleepio?

- Fully-automated digital CBT for insomnia founded by Prof. Colin Espie
 - **Clinically-evidenced:** proven in 10 RCTs to improve sleep and mental health
 - **Instantly accessible:** zero waiting times since patients can sign up instantly (and access 24/7)
 - **Safe:** does not cause any adverse side effects (such as those associated with sleep medication)
 - **Trusted:** validated by NICE, recommended in the BAP guidelines
 - **Tried & tested:** >95k users in population-level rollouts with NHS partners and commissioners



To watch an introductory video to Sleepio, please [click here](https://vimeo.com/62600280) or visit <https://vimeo.com/62600280>

Sleepio works by providing everyone with the level of help they need, when they need it



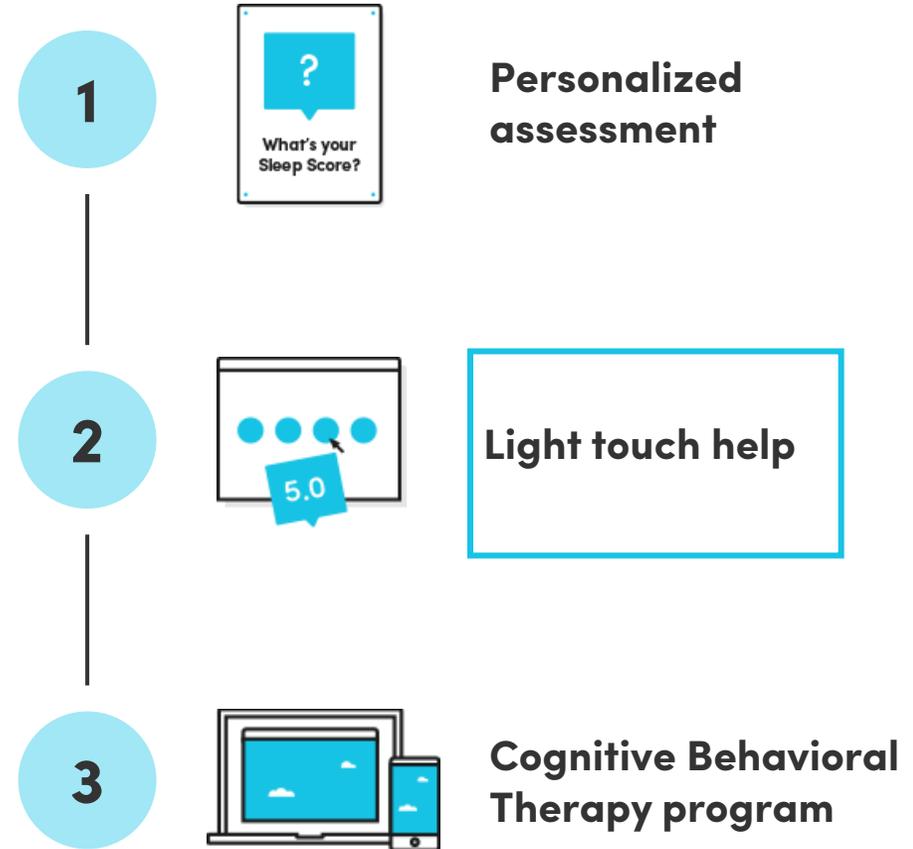
This allows us to learn about each individual's sleep problems



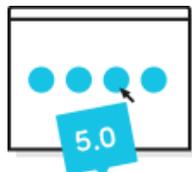
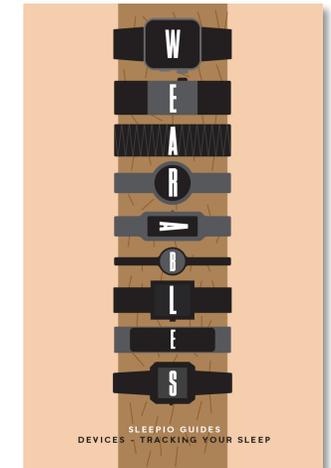
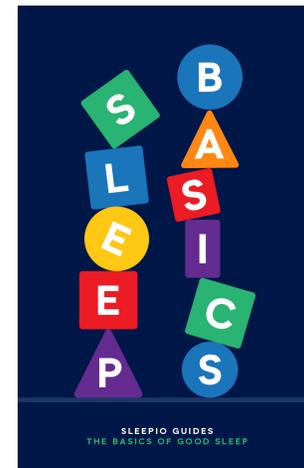
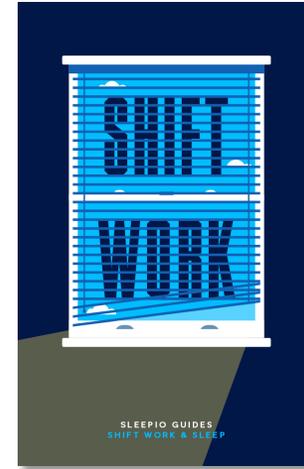
Personalized assessment

A screenshot of a mobile application interface. At the top, the "Sleepio" logo is on the left and "YOUR SLEEP SCORE" is on the right. The main heading is "How would you like to improve your sleep?" followed by the instruction "Select all that apply". There are five light blue buttons, each with a dark blue circle on the right side, representing radio button options: "Get to sleep more easily", "Sleep right through the night without waking up", "Stop waking up too early", "Wake up feeling refreshed", and "None of the above". At the bottom, there is a grey button labeled "SELECT 1 TO CONTINUE" and a circular help icon with a question mark.

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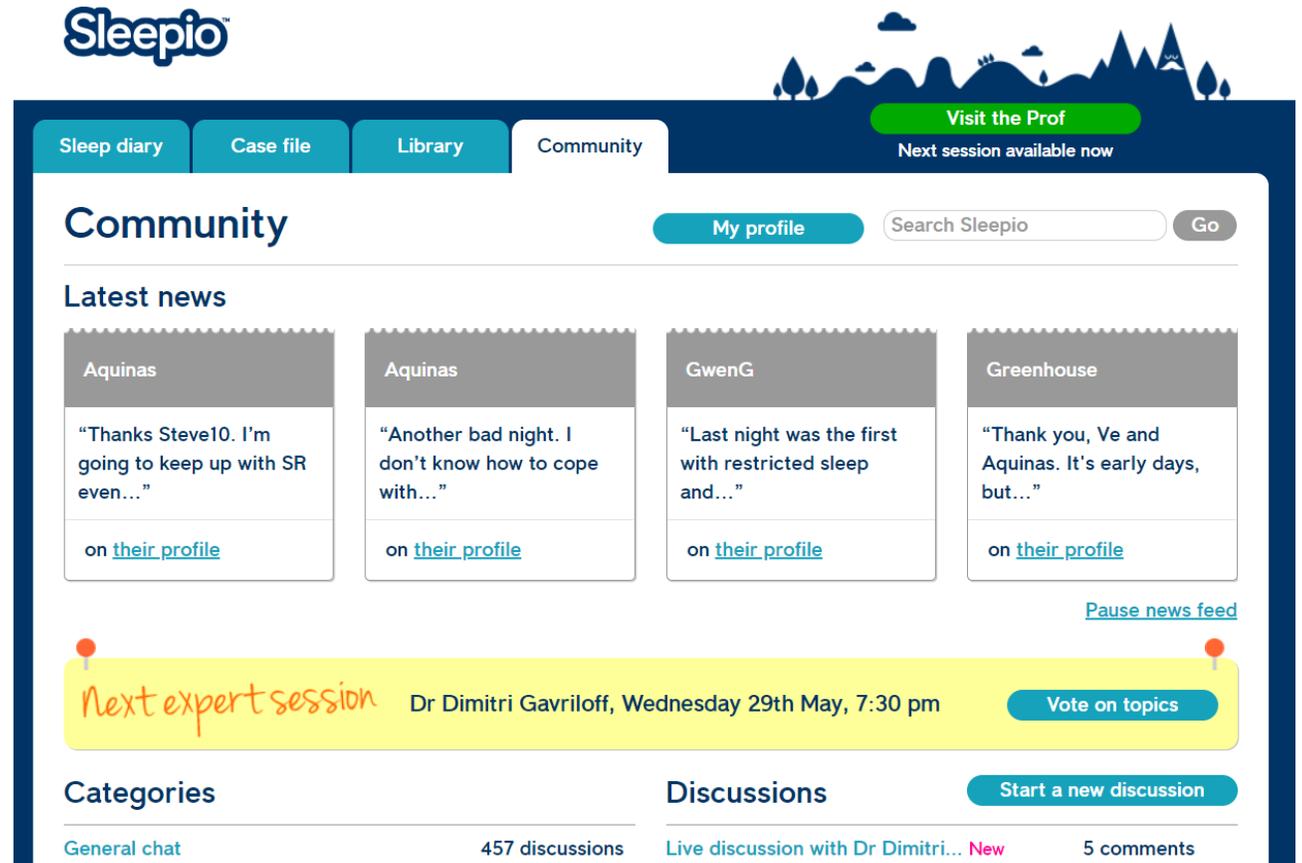


This includes a personalised series of sleep guides covering a range of topics



Light touch help

There is also a community section where users can connect with peers and ask our sleep experts questions



Sleepio

Visit the Prof
Next session available now

Sleep diary | Case file | Library | **Community**

My profile | Search Sleepio | Go

Community

Latest news

- Aquinas**
"Thanks Steve10. I'm going to keep up with SR even..."
on [their profile](#)
- Aquinas**
"Another bad night. I don't know how to cope with..."
on [their profile](#)
- GwenG**
"Last night was the first with restricted sleep and..."
on [their profile](#)
- Greenhouse**
"Thank you, Ve and Aquinas. It's early days, but..."
on [their profile](#)

[Pause news feed](#)

Next expert session Dr Dimitri Gavriloff, Wednesday 29th May, 7:30 pm | [Vote on topics](#)

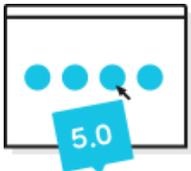
Categories

General chat | 457 discussions

Discussions

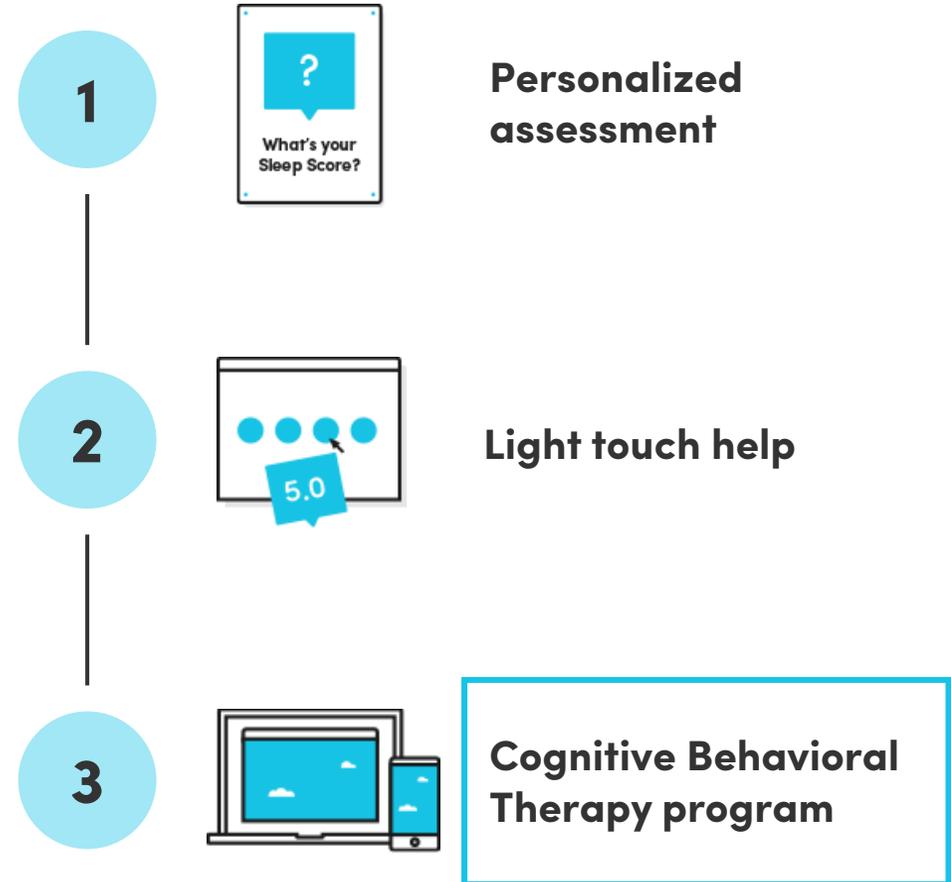
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Live discussion with Dr Dimitri... **New** | 5 comments



Light touch help

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The CBT programme includes

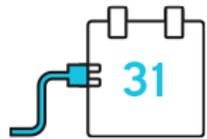


CBT sessions with the Prof

Learn techniques to improve sleep from your personal sleep expert (**six 20-minute sessions per week**). These cover topics such as:

- Your wind down routine
- Your Bed-Sleep connection
- Challenging your thoughts

It is recommended that this is completed on a computer when the user has time to fully focus on the session.



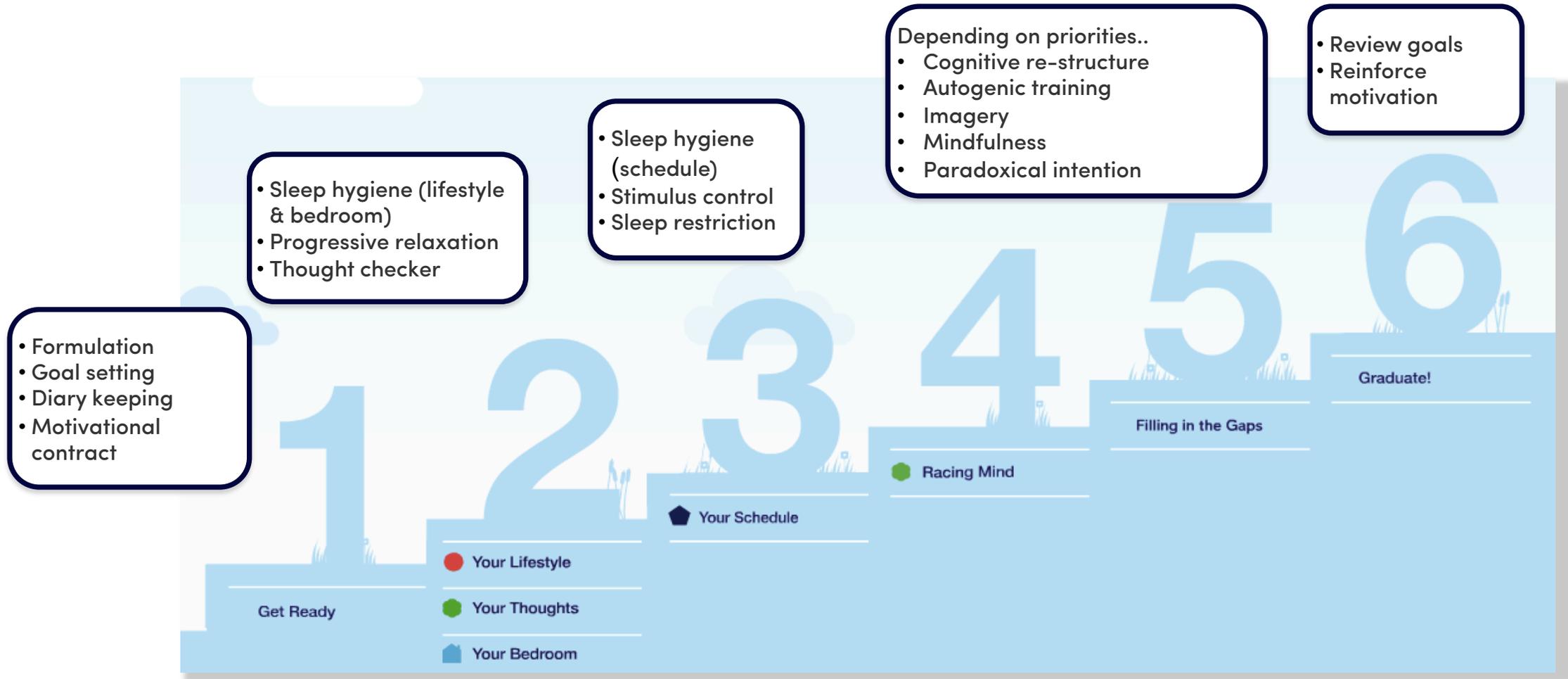
Sleep Diary

Keeping a daily sleep diary to help tailor your CBT sessions based on your week's sleeping patterns.

**Cognitive Behavioral
Therapy program**



The CBT programme as a whole..



Let us know if you need any help...



Need assistance at any point?

Press the '?' to send our User Happiness team a question and they'll get respond within 24 hours...

Or feel free to just email us directly!

