

Sleepio



Sleepio

General FAQs

Those frequently asked questions, answered

How do I refer someone to Sleepio?

Simply direct them to:

sleepio.com/nhs

"I'm really only looking for sleeping pills, how is this different?"

CBT/ Sleepio directly addresses the things that keep insomnia going - like the racing mind. It also helps you get your sleep pattern back.

"I'm not interested in more sleep hygiene - I've tried that, it doesn't work."

I agree, sleep hygiene isn't enough. CBT, like what is provided by the Sleepio programme, is recommended as a first-line treatment for insomnia. I can recommend it very highly.

"I'm worried about commitment to a course of treatment like CBT/ Sleepio, it sounds hard and I'm not sure I'm up to it."

Although it can be challenging, CBT is the best treatment for your sleep problems. Sleepio also includes lots of support, including an online forum with other people who are using the programme, as well as a weekly Q & A with a clinical sleep expert from the Sleepio team. Most people find that they start to see benefits after two sessions. Why not give it a go and see how you get on?

"Can I do CBT/ Sleepio when I'm still taking medication?"

Yes. Taking sleeping medication doesn't stop you doing CBT or Sleepio. You should discuss this with your doctor first of all, when you're ready and before starting anything.

"How long will this take to work?"

The Sleepio course lasts for 6 weeks. How long it takes to work will depend on the individual - everyone is different. Generally people start to see some benefit within a couple of weeks and this continues as they stick with the programme and start putting the techniques they learn into practice. If you give it your best shot, you give yourself the best chances of seeing changes as soon as possible.

"I have used sleep and/or well-being apps already and they did not work. Why is this one any different?"

Sleepio is not just another sleep app. It's a scientifically tested and proven treatment for sleep problems, which has been shown to work for the majority of people like you. That's why it's recommended.

"I did 'therapy' / CBT years ago and it did not work."

Sleep problems are best solved using a very specific form of treatment called CBT for insomnia - we know this because it's been scientifically tested and proven to work. CBT for insomnia isn't the same as other forms of CBT or therapy, so why not give it a try and see if your experience is different this time?

"I cannot wait 6 weeks to sleep better, I need something to help me now."

Unfortunately, there are no quick fixes for insomnia. CBT/ Sleepio directly addresses the things that keep insomnia going - like the racing mind. It also helps you get your sleep pattern back on track but you'll need to commit to the programme to see results.

"How is keeping a diary going to help me? I already know I don't sleep well."

CBT is a treatment that is tailored to you and your sleep patterns, and so to be able to deliver you your own personalised treatment, we need to know exactly what your sleep patterns are like. It also helps us see how your sleep improves over time, so we can see whether Sleepio is making a difference.

"I don't have difficulty getting to sleep but I wake up really early, will this help?"

Insomnia includes problems like waking too early. Sleepio/ CBT is the best way to address all these different forms of insomnia and has been shown to be really effective in many robust clinical trials.

"I sleep badly because of my shift work. Tablets just help reset that each time, what can this do to help?"

Although there are similarities to insomnia, sleep problems related to shift work are not the same as insomnia. The principal issue here is about timing, where the body clock is out of sync with the rest of your schedule - similar to jet lag. There are also more resources on shift work related sleep problems here:

<https://www.sleepio.com/articles/shiftwork/>

<https://www.sleepfoundation.org/sleep-disorders/shift-work-disorder>

More questions?

Get in touch at nhs@sleepio.com