Sleepio

What is Sleepio?

Sleepio is a digital programme that helps you understand why sleepless nights happen, what makes them worse, and how to reduce them for good. Through six weekly 20-minute sessions, Sleepio teaches you effective techniques to get better sleep and have better days — all from the privacy of your own phone, at no cost. Over 150,000 people have used Sleepio in the UK.

Hear from a Sleepio user

"It wasn't easy, but it was simple; and I now feel I can use what it taught me anytime the problem comes back. It made every little thing about being sleepless just a little more manageable and really helped — it was slow going at first but I was genuinely amazed by the results by the end of the schedule."
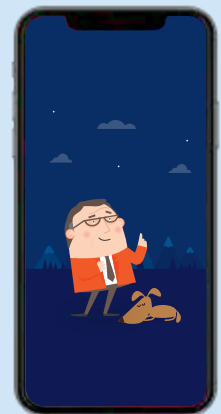
Get Started Today

The following instructions will help you sign up and begin your journey to better days:

Using a desktop, laptop, mobile, or tablet, visit:

sleepio.com/nhs

or scan the QR code:

1 From a desktop, laptop, mobile, or tablet, take the What's Your Sleep Score? quiz at sleepio.com/nhs

2 Download the Sleepio Companion app via the App Store or Google Play Store

3 Sign in on the app and get instant access to digital treatment for insomnia