



What is Sleepio?

Sleepio gives patients instant access to digital CBT for insomnia

Created by Prof. Colin Espie, based on his 30+ year clinical and research career

Teaches proven CBT techniques to help patients overcome insomnia, as a long term solution

Rigorously tested in 12 Randomised Controlled Trials, CE-marked, and referenced by NICE as a first-line recommended treatment for insomnia

Trusted by the NHS and over 150,000 patients in the UK

How to Determine if Someone Would Benefit from Sleepio

Sleepio is suitable for most people who are experiencing problems with their sleep

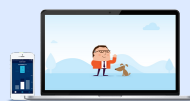
However, it's important that patients show evidence of:



Engagement



Conversational English



Computer / Online Access

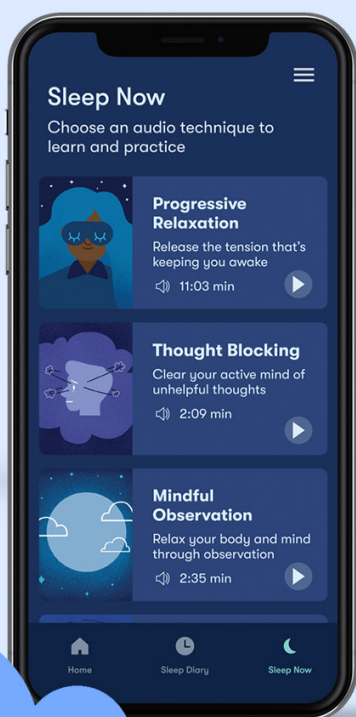


Age 18+



Explaining 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.



HOW TO REFER

Please go to sleepio.com/nhs to get started. The following instructions will help you sign up and begin your journey to worrying less:

1

From a desktop, laptop 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

EASY-ACCESS QR CODE

Get started now at

sleepio.com/nhs

or scan the QR code:

