



Stay on top of sleep this back-to-school season with Sleepio

Sleepio is a proven digital sleep improvement program, available to you at no cost.

sleepio.com/nhs



Back-to-school season can be a complicated time. Kids are often excited and nervous about going back — not to mention a little sad that summer is over. A parent's job is to help their kids adjust. Oh, and it's also to plan routes to school, buy supplies, and reorganise the family schedule.

It's common to experience poor sleep during this time

Parents are grappling with yet another set of changes to routines, schedules, and emotions, without much time to care for themselves. Even the most on-top-of-it parents can find themselves falling behind on sleep.

Sleepio can help, and it's available at no cost

Sleepio is an online sleep improvement program proven to help you clear your mind and improve your sleep. Sleepio uses cognitive behavioral techniques that are backed by decades of clinical research, and has been shown in studies to help people fall asleep **54%** faster and spend **62%** less time awake at night.

Try Sleepio and start sleeping better tonight

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Disclaimer: Sleepio may not be suitable for everyone, please review the associated safety information by going to the Suitability Page (www.sleepio.com/suitable) for more details prior to starting the program.