

daylight

## Welcome to Daylight!

Daylight is your expert guide through worry and anxiety, whenever and wherever you need it.

Daylight is a digital programme that helps you understand where anxiety comes from, what makes it worse, and how to reduce it for good. In just 10 minutes per day, you will learn effective techniques to help take back control from feelings of worry and anxiety.



# What you'll learn

Daylight was designed by experts to help you control your worry with four proven exercises



## Learn how to relax

Use the Tense & Release exercise to discover how tensing up your body can actually calm your mind.



## Control your worry

The Worry Time exercise trains you to worry only at a specific time and place – so you can be more present in the rest of your life.



## Tackle unhelpful thoughts

Use the Thought Challenger exercise to identify and reframe thoughts that keep you stuck.



## Address your fears

The Worry Story exercise empowers you to face your fears so they have less control over you.

Begin your journey to worrying less:

For instant access, visit:  
[trydaylight.com/nhs](https://trydaylight.com/nhs)

or scan the QR code below to  
create your free account



Have questions for us? We're on hand to help you every step of the way. Just email [hello@trydaylight.com](mailto:hello@trydaylight.com) and we'll be able to help, whether it's a problem with your mobile or with your worry.



# A proven path to better sleep

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.



Start sleeping better tonight, visit:  
[sleepio.com/nhs](https://sleepio.com/nhs)

## How does Sleepio work?

Designed by sleep experts, Sleepio is a digital programme featuring proven cognitive behavioural techniques.

Sleepio guides you through six weeks of interactive, personalised lessons to help you address sleep problems effectively.

## Is it effective?

Sleepio has been clinically proven to help people fall asleep 54% faster, spend 62% less time awake at night, and have 45% better functioning the next day.

"I no longer think I have a sleep problem. I know what to do on the nights when I wake and can't get back to sleep; I no longer fear sleepless nights" -  
**Alison, Glasgow | Sleepio user**



Start sleeping better tonight:

For instant access, visit:  
[sleepio.com/nhs](https://sleepio.com/nhs)

or scan the QR code below to  
create your free account



Have questions for us? We're on hand to help you every step of the way. Just email [hello@sleepio.com](mailto:hello@sleepio.com) and we'll be able to help, whether it's a problem with your mobile or with your sleep.