

What is Daylight?

Daylight provides patients with instant access to clinically-evidenced digital CBT for anxiety & worry

Created by Prof. Colin Espie, based on his 30+ year clinical and research career, alongside leading researchers from King's College London & UCL

CE-marked and first RCT trials showed Daylight to help 71% of people living with high levels of anxiety to achieve healthy levels of anxiety

Teaches proven CBT techniques through bitesize learning that can be used to help control anxiety in the moment, and as an effective long term solution for anxiety

Trusted by the NHS and used by over 10,000 people in the UK

How to Determine if Someone Would Benefit from Daylight

Daylight is suitable for most people who are experiencing mild to moderate problems with anxiety and worry

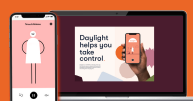
However, it's important that patients show evidence of:



Engagement



Conversational English



Computer / Online Access



Age 18+



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

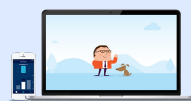
However, it's important that patients show evidence of:



Engagement



Conversational English



Computer / Online Access



Age 18+