



Updating Your Website

How to update your practice's site to share Sleepio and Daylight with your patients and staff

Daylight

Choose your descriptor for your site and make sure you include the links

Option One

Daylight is an app to help you manage your anxiety. You can access the programme at trydaylight.com/nhs - you will then be prompted to download the app

Option Two

Daylight is an evidence based digital CBT programme to help tackle anxiety and worry. You can access the programme at trydaylight.com/nhs and download the app

Option Three

Daylight is a fully-automated digital CBT programme for anxiety. Daylight is instantly accessible, 24 hours a day, offering you the opportunity to use evidence-based cognitive behavioural techniques in the moment, whenever you are struggling. You can access the programme at trydaylight.com/nhs - you will then be prompted to download the app

We have provided visual banner options for download on the resource page.

Simply make sure www.trydaylight.com/nhs is linked under the image so patients can access the programme directly

Sleepio

Choose your descriptor for your site and make sure you include the links

Option One

Sleepio is an online sleep improvement programme to help tackle poor sleep and insomnia. You can access the programme at sleepio.com/nhs

Option Two

Sleepio is an evidence based digital CBT programme to help tackle poor sleep and insomnia. You can access the programme at sleepio.com/nhs

Option Three

Sleepio is a fully automated six-session programme of digital Cognitive Behavioural Therapy for Insomnia. Cognitive Behavioural Therapy for Insomnia is the first-line recommended treatment for insomnia in both national and international clinical guidance. You can access the programme at sleepio.com/nhs

We have provided visual banner options for download on the resource page.

Simply make sure to link www.sleepio.com/nhs under the image so patients can access the programme directly