



# 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 100k 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

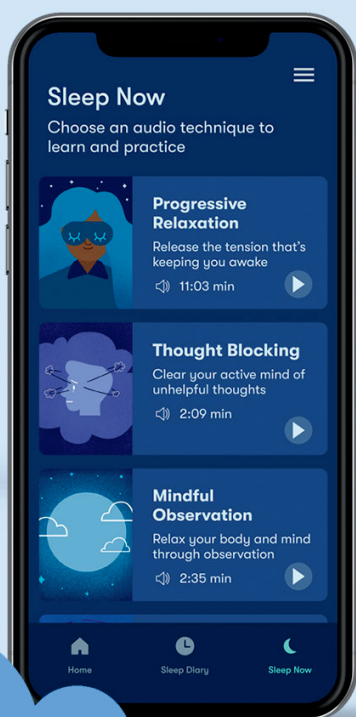


Age 18+



## 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](https://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](https://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

## CREATE CLEAR SIGN-POSTING

Get started now at

[sleepio.com/nhs](https://sleepio.com/nhs)

or scan the QR code:

