

Sleepio Overview

# Big Health

## Bringing millions back to better mental health

### Sleepio Overview



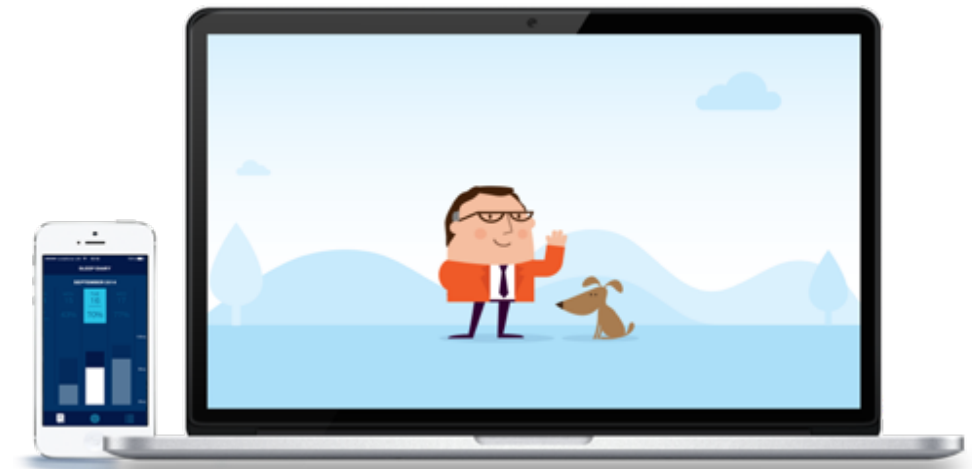
# Sleepio



# Sleepio is a clinically-evidenced, gold-standard therapy with no waiting list

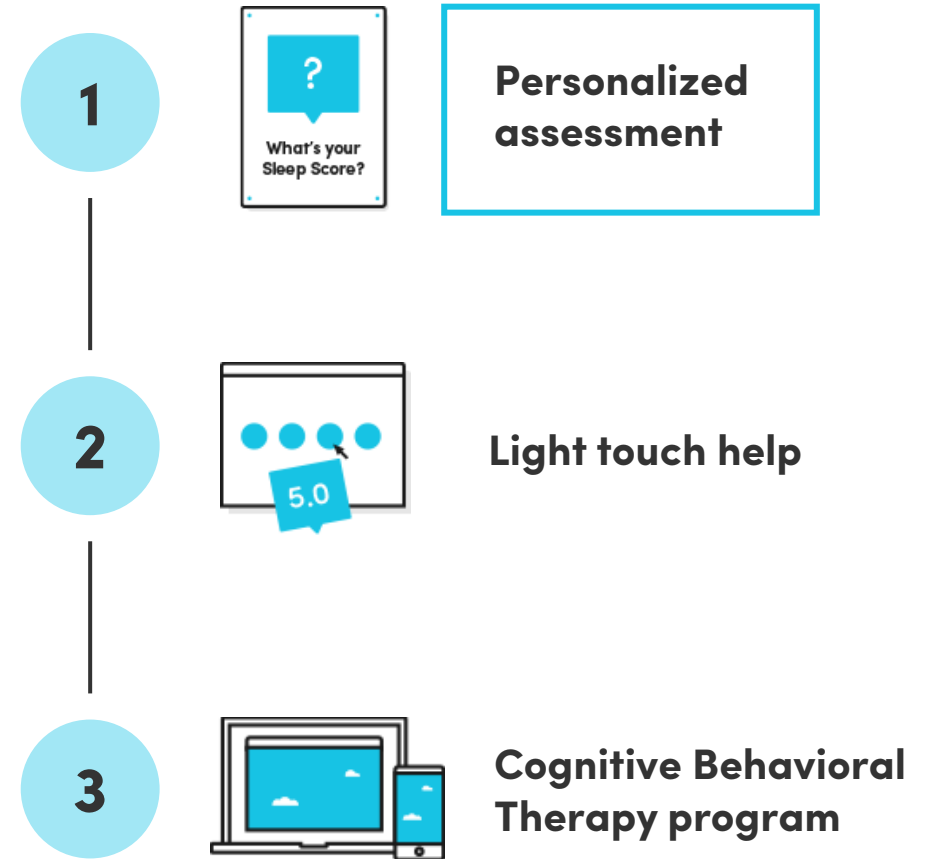
## What is Sleepio?

- Fully-automated digital CBT for insomnia founded by Prof. Colin Espie
  - **Clinically-evidenced:** proven in 10 RCTs to improve sleep and mental health
  - **Instantly accessible:** zero waiting times since patients can sign up instantly (and access 24/7)
  - **Safe:** does not cause any adverse side effects (such as those associated with sleep medication)
  - **Trusted:** validated by NICE, recommended in the BAP guidelines
  - **Tried & tested:** >95k users in population-level rollouts with NHS partners and commissioners



To watch an introductory video to Sleepio, please [click here](https://vimeo.com/62600280) or visit <https://vimeo.com/62600280>

**Sleepio works by  
providing everyone  
with the level of help  
they need, when they  
need it**



**This allows us to learn about each individual's sleep problems**



**Personalized  
assessment**

**Sleepio****YOUR SLEEP SCORE**

**How would you like to improve your sleep?**  
Select all that apply

Get to sleep more easily

Sleep right through the night without waking up

Stop waking up too early

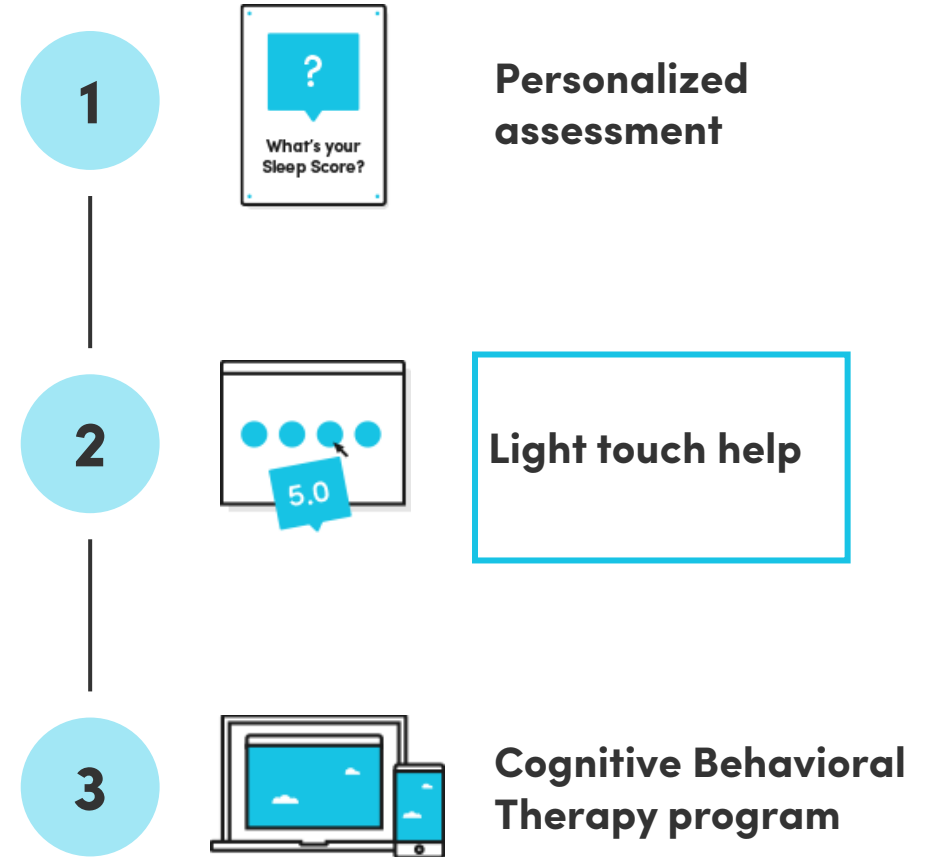
Wake up feeling refreshed

None of the above

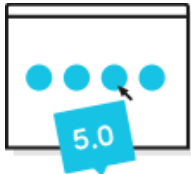
SELECT 1 TO CONTINUE

?

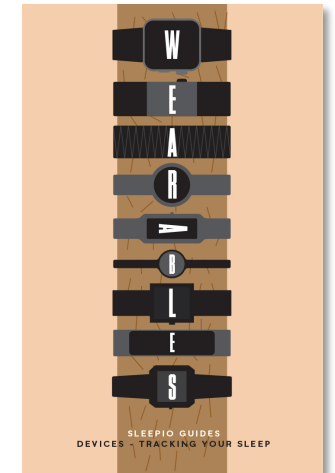
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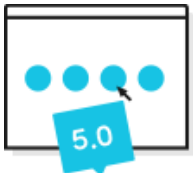
This includes a personalised series of sleep guides covering a range of topics



Light touch help



There is also a community section where users can connect with peers and ask our sleep experts questions



Light touch help

**Sleepio**

Visit the Prof  
Next session available now

Sleep diary Case file Library **Community**

My profile Search Sleepio Go

### Community

#### Latest news

**Aquinas**

"Thanks Steve10. I'm going to keep up with SR even..."

on [their profile](#)

**Aquinas**

"Another bad night. I don't know how to cope with..."

on [their profile](#)

**GwenG**

"Last night was the first with restricted sleep and..."

on [their profile](#)

**Greenhouse**

"Thank you, Ve and Aquinas. It's early days, but..."

on [their profile](#)

[Pause news feed](#)

**Next expert session** Dr Dimitri Gavriloff, Wednesday 29th May, 7:30 pm

[Vote on topics](#)

#### Categories

General chat 457 discussions

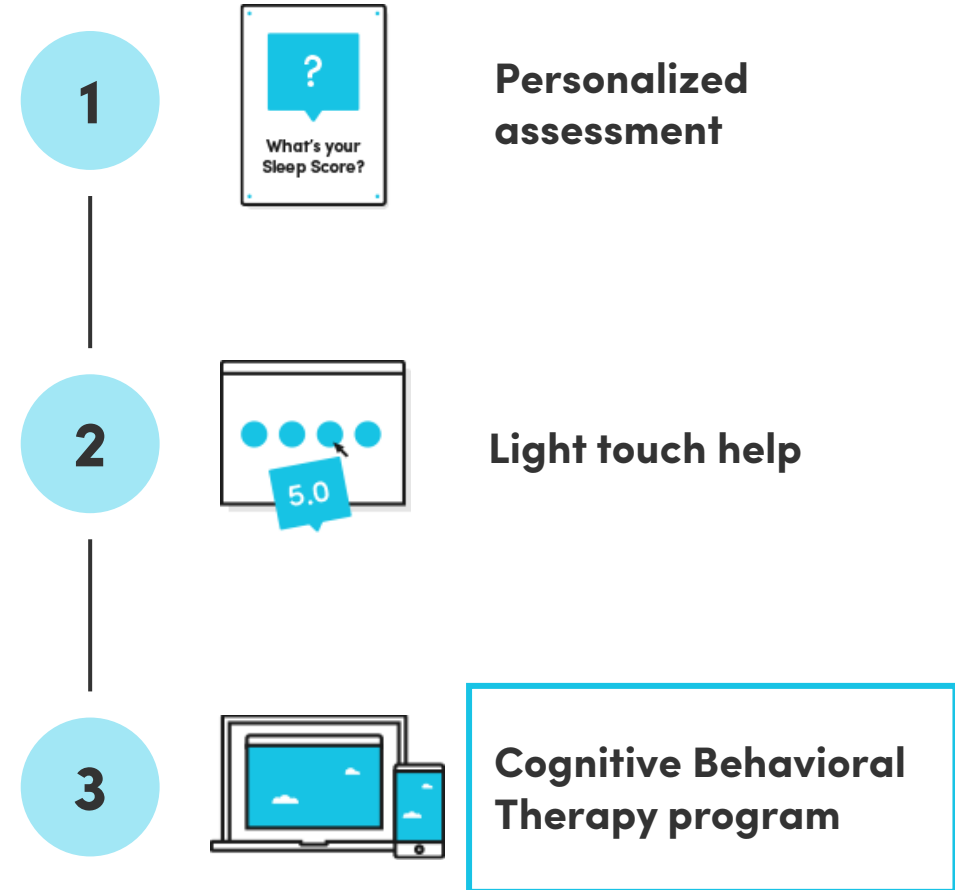
#### Discussions

Live discussion with Dr Dimitri... **New** 5 comments

[Start a new discussion](#)



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# The CBT programme includes

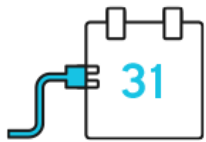


## CBT sessions with the Prof

Learn techniques to improve sleep from your personal sleep expert (**six 20-minute sessions per week**). These cover topics such as:

- Your wind down routine
- Your Bed-Sleep connection
- Challenging your thoughts

It is recommended that this is completed on a computer when the user has time to fully focus on the session.



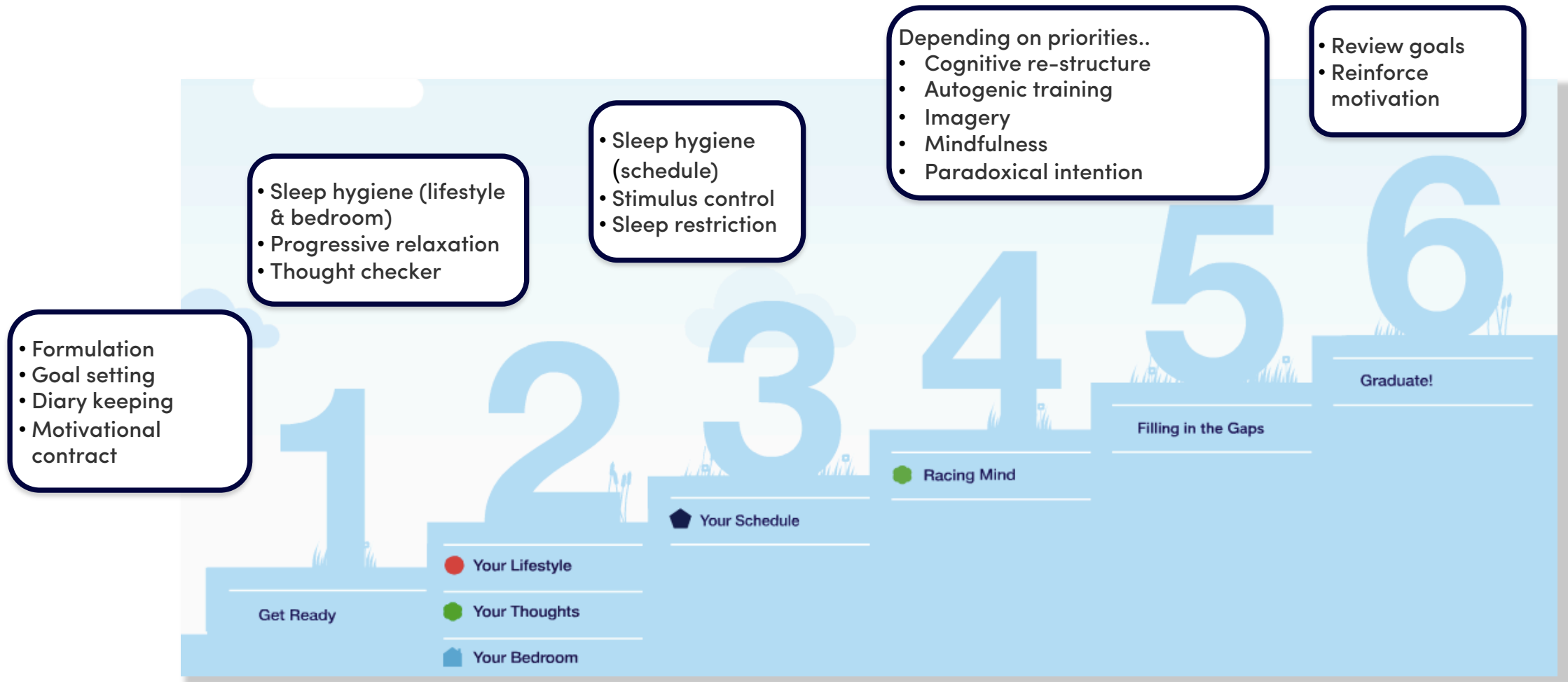
## Sleep Diary

Keeping a daily sleep diary to help tailor your CBT sessions based on your week's sleeping patterns.



## Cognitive Behavioral Therapy program

# The CBT programme as a whole..



**Let us know if you need any help...**



# Need assistance at any point?

Press the '?' to send our User Happiness team a question and they'll get respond within 24 hours...

Or feel free to just email us directly!

