

Any questions?

Contact the Sleepio Team at
workplace@sleepio.com

Sleepio

Case study

SelfHelpServices

How Sleepio is being used
to help patients make changes
to recover from anxiety and
depression

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Sleeping for better mental health

The opportunity

As everyone knows after a sleepless night, sleep and wellbeing are intricately linked.

Insomnia affects over 60% of adults with depression. Poor sleep also increases the risks of developing anxiety and depression, and acts as a barrier to successful treatment.

Emerging research suggests that treating poor sleep can help patients with depression and anxiety to recover.

Self Help Services, an innovative provider of psychological therapies in the North West of England, introduced Sleepio in 2014.



References:

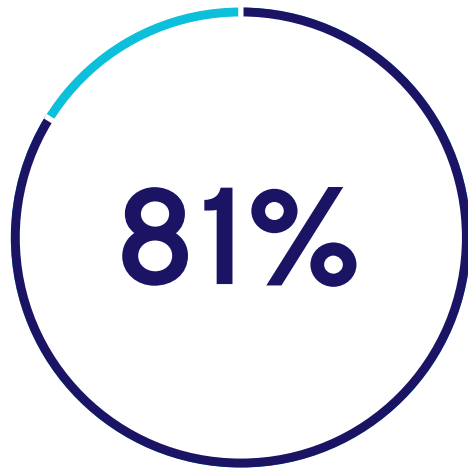
Ohayon (2007) J Psychiatr Res 41(11):893-4; Neckelmann et al. (2007) SLEEP 30(7):873; Troxel et al. (2012) J Clin Psych, 73(4):478; Pillai et al. (2015) J Sleep Med Disord 2(2): 1017.

Any questions?

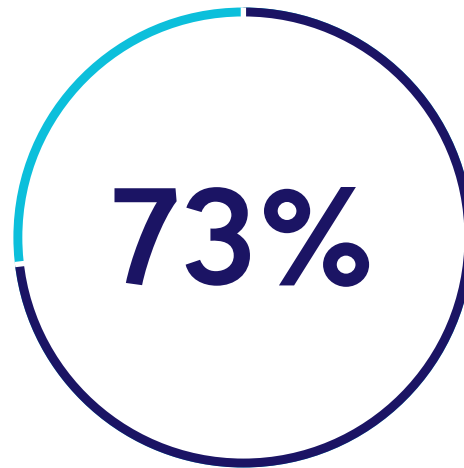
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Did Sleepio help to drive improvements in mental health?

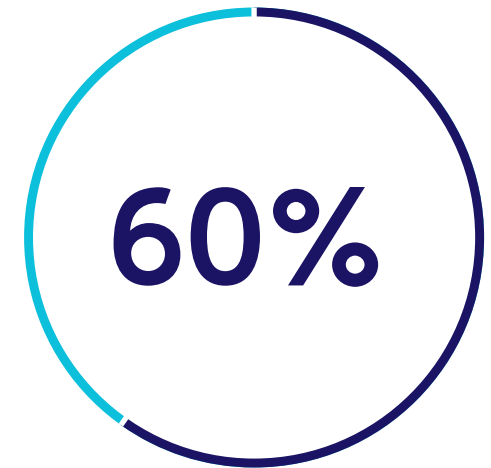
Of the first 100 patients
who used Sleepio...



...8 out of 10 used the
program for more
than a month



...7 out of 10 tracked
their sleep for more
than 30 days

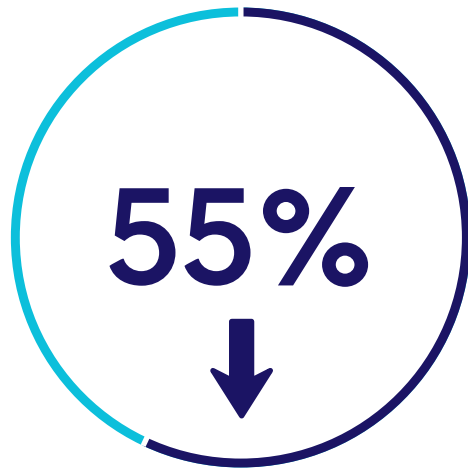


...6 out of 10
completed follow
up assessments
8 weeks later

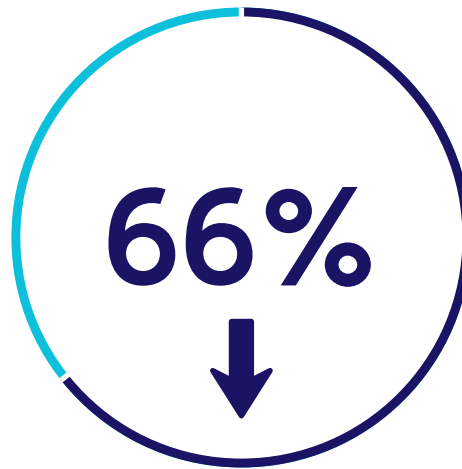
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Sleepio users saw significant sleep improvements On average...



Less time
to fall asleep



Less time
awake at night



More sleep
each night

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Sleepio users who completed post treatment assessments reported..

80%



Reduced
anxiety

85%



Reduced
depression

90%



Reduced
insomnia

Reduction in patients meeting caseness based
on standard GAD7, PHQ9 and ISI scores

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Sleepio exceeded national targets for psychological therapy

64%

Moved to recovery*



"Now I've finished the bad sleep is certainly less than it was and I have reduced the dose of my sleeping pills"

Angela, SHS client



"The sleepio course has really helped me out – I can't recommend it highly enough. A very well thought out and structured, practical programme...It has made a huge difference to my life."

Michael, SHS client



*Exceeding the national target of 50%, and a national average of 45% for psychological therapies