

Sleepio Information for Health Professionals

What is Sleepio?

Sleepio is an evidence-based digital sleep improvement program, grounded in Cognitive Behavioral Therapy for Insomnia. The content is based on self-help techniques developed by leading sleep expert, Prof Colin Espie (University of Oxford). Sleepio was created by Big Health, the digital medicine company (www.bighealth.com).

Does Sleepio work?

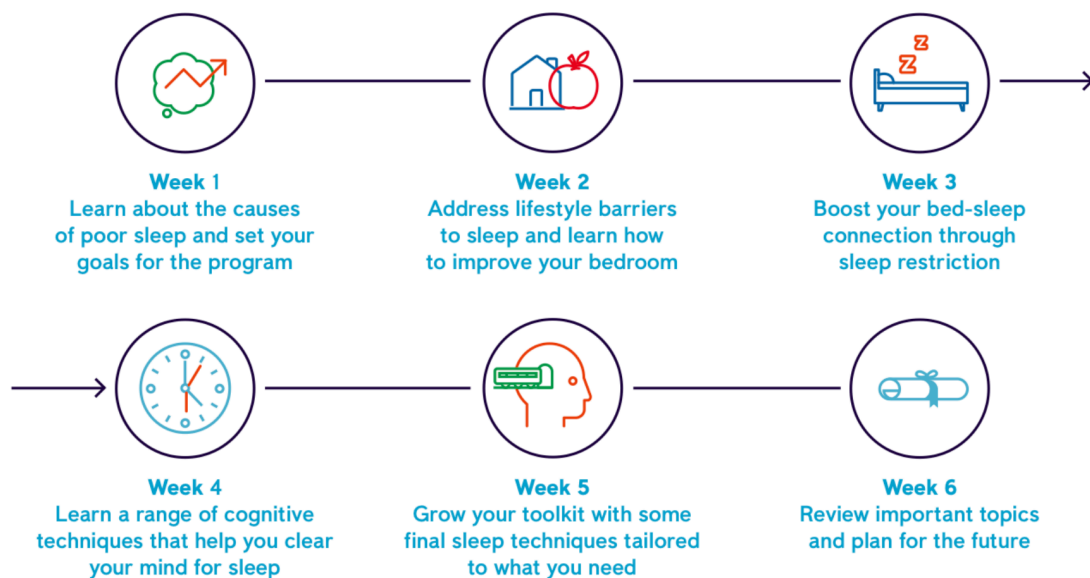
Sleepio is backed by gold standard scientific evidence. In our first randomised controlled trial, Sleepio helped 76% of poor-sleepers overcome their sleep problems, and was significantly more effective than placebo and treatment as usual ([Espie et al. 2012](#)).

Sleepio has since been the subject of further RCTs, including the world's largest trial for a psychological therapy ([Freeman et al. 2017](#)). We have more studies in the pipeline... you can read about our published research here: www.bighealth.com/outcomes.

Sleepio has been cited in the latest Clinical Guidelines for Insomnia in the US ([Qaseem et al. 2016](#)). In the UK, Sleepio has been evaluated by NICE, the National Institute for Health and Care Excellence ([NICE 2017](#)).

What does Sleepio involve?

Sleepio starts with a short sleep test which generates a sleep score from 0 to 10, and sends a personal sleep report by email. Users who decide to sign up for the full CBT program create an account and then complete a more detailed sleep questionnaire. Each week users are reminded to log on to www.sleepio.com to meet 'The Prof', their animated sleep expert. Over 6 core sessions, The Prof teaches CBT techniques that are personalized to the user's specific problems and progress. These techniques address each user's thoughts, daily schedule and lifestyle, and give them more control over their sleep.



Between sessions, users are encouraged to record their sleep with an online sleep diary, and practice techniques with the help of online tools and automated reminders. There is also a secure online community of other Sleepio members and course 'Graduates' where users can seek advice and encouragement from people who have 'been there and done that'.

For more information on how the program works, please see: <https://vimeo.com/62600280>

Who can Sleepio help?

Sleepio can help people who struggle to fall asleep, are unable to stay asleep through the night or wake up too early. This is the case regardless of whether the sleep problems have existed for years, or have only developed in recent weeks. The program has even been shown to be effective in those who are taking prescription sleeping pills or over-the-counter sleep aids.

To be effective, the program requires users to commit to making changes to their lifestyle and schedule over a number of weeks. Users need to be prepared for this and willing to put the effort in. The program has been developed for adults, and is not suitable for poor sleepers under the age of 16.

How can I give Sleepio to my patients?

In the US, Sleepio is now available as a covered benefit by many large employers and health plans. If your patient is not covered by their employer, they can start by visiting www.sleepio.com and taking the free sleep test. There are also opportunities to sign up for research projects at no cost.

In the UK, Sleepio access is covered by NHS projects in London and the Thames Valley, and we are working to expand access across the country. If you would like to find out more about free access for NHS patients, please contact nhs@sleepio.com.

Any questions?

If you have any further questions, please email us at hello@sleepio.com and we'll do all that we can to help.