



# What is 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.

## Hear from a Sleepio user



“It wasn’t easy, but it was simple; and I now feel I can use what it taught me anytime the problem comes back. It made every little thing about being sleepless just a little more manageable and really helped – it was slow going at first but I was genuinely amazed by the results by the end of the schedule.”

## HOW TO SIGN UP

- 1 Take the What’s Your Sleep Score? quiz at [www.sleepio.com/nhs](http://www.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 therapy for poor sleep and insomnia

## Get started now at

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

