

Sleepio

Sleepio is an online sleep improvement program on the basis of Cognitive Behavioral Therapy (CBT) techniques. It is clinically proven and partnered with the University of Oxford. The focus lies on thoughts and worries about sleep, night time sleep schedule, lifestyle and bedroom. Once weekly the client meets his/her virtual sleep expert.

Target Groups

- Adults

Topics

- Insomnia

Type of Best Practice

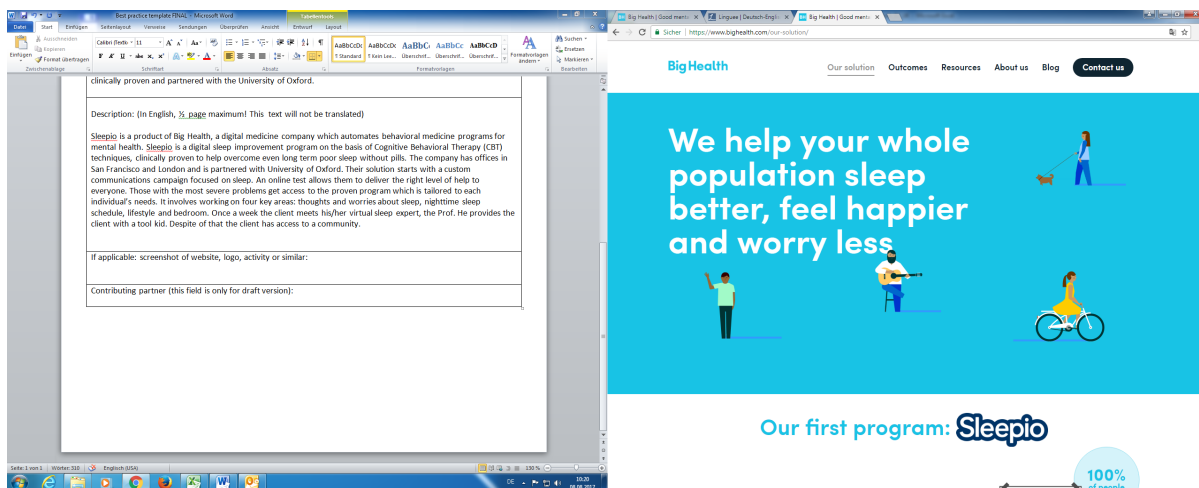
- Therapy

Country

- UK

Description

Sleepio is a product of Big Health, a digital medicine company which automates behavioral medicine programs for mental health. Sleepio is a digital sleep improvement program on the basis of Cognitive Behavioral Therapy (CBT) techniques, clinically proven to help overcome even long term poor sleep without pills. The company has offices in San Francisco and London and is partnered with University of Oxford. Their solution starts with a custom communications campaign focused on sleep. An online test allows them to deliver the right level of help to everyone. Those with the most severe problems get access to the proven program which is tailored to each individual's needs. It involves working on four key areas: thoughts and worries about sleep, night time sleep schedule, lifestyle and bedroom. Once a week the client meets his/her virtual sleep expert, the Prof. He provides the client with a tool kit. Despite of that the client has access to a community.



The image shows two side-by-side screenshots. On the left is a Microsoft Word document with the following text:

clinically proven and partnered with the University of Oxford.

Description: (in English, 3 page maximum! This text will not be translated)

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If applicable: screenshot of website, logo, activity or similar:

Contributing partner (this field is only for draft version):

On the right is a screenshot of the Big Health website. The header includes 'Big Health' and navigation links: 'Our solution', 'Outcomes', 'Resources', 'About us', 'Blog', and 'Contact us'. The main banner features the text 'We help your whole population sleep better, feel happier and worry less' with illustrations of people walking, playing guitar, and riding a bicycle. Below the banner, it says 'Our first program: Sleepio' and a circular badge indicates '100% of people'.

Original language

English

Country

UK

Link

<https://www.sleepio.com/>

(access date: 08/08/2017)



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ILL. *Sleepio*. Retrieved on Wednesday July 3, 2024 from <https://www.ecounselling4youth.eu/online-material/courses/TGP147/>



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<https://www.ecounselling4youth.eu/project/>