



# Welcome to Sleepio!

Please go to [www.sleepio.com/nhs](http://www.sleepio.com/nhs) to get started. The following instructions will help you sign up and begin your journey to better sleep.

## ABOUT SLEEPPIO

Sleepio is an online sleep improvement programme based on Cognitive Behavioral Therapy (CBT). Over six weekly sessions, you will learn tools and techniques to help get your sleep back on track.

## HOW SLEEPPIO HELPS

- ✦ Fall asleep, stay asleep, and feel energised throughout the day
- ✦ Learn to regain control of your sleep
- ✦ Address the root of stubborn sleep issues without medication

## HOW TO GET STARTED



### STEP 1

From a desktop, laptop or tablet, visit [www.sleepio.com/nhs](http://www.sleepio.com/nhs) to access the programme.



### STEP 2

Click on the 'Get started' link to take a two-minute test and discover your Sleep Score.



### STEP 3

Enter your email address and postcode at the end of the test to receive your personalised sleep report.

\*We don't recommend using Sleepio on your phone right before you go to bed or while in bed. We've limited what you can do on your phone to only the most helpful things if you can't sleep at night.



## USING SLEEPPIO

When you sign up you will have access to:

### 6 Personalised Sessions

Spend 20 minutes each week with your virtual sleep expert, The Prof. Work on the techniques at your own pace.

### Sleep Tracking

Keep tabs on your progress and notice patterns using the Sleep Diary tool in Sleepio.

### Sleep Optimisation Plan

To help you optimise your day for a good night's sleep.

### Weekly community chats with sleep experts

Discuss any sleep-related questions with psychologists in the sleep field. You'll also be able to speak to other people suffering with poor sleep, and users who have completed the Sleepio programme.

Remember, what you put in is what you will get out. Sleepio works best if you put the effort in and apply what you've learnt in each session to your daily life.

Good luck!  
The Prof



## HAVE QUESTIONS FOR US?

We're on hand to help you every step of the way. Just email [nhs@sleepio.com](mailto:nhs@sleepio.com) and we'll be able to help, whether it's a problem with your computer or with your sleep condition.