

Welcome to Sleepio

Sleepio – this is a web-based self-help programme based on Cognitive Behavioural Therapy (CBT) designed to help you manage sleep problems and insomnia. It is free for NHS patients in the Thames Valley.

There are 6 core online sessions, taking approximately 20-25 minutes each. These are spaced weekly but you can choose exactly what times work best for you. You will also keep a daily sleep diary (taking approximately 1 minute to complete).

All the advice in your Sleepio sessions is personalized to you, based on the answers you give and your diary results. Additional support is available from an online community of other Sleepio users, should you wish to take advantage of this. No personal information is shared.

Sleepio is a proven approach which has been evaluated in many clinical trials and shown to help many poor sleepers recover their sleep to healthy levels.

Getting Started

To get started on Sleepio, please go to www.sleepio.com/nhs

You will begin by discovering your current sleep score, by answering a series of questions which take about 5-10 minutes. Then you can sign up for your Sleepio account.

Do I need to be a computer whizz?

Absolutely not. The course is designed to be easy to use. Sleepio is a web-based programme, and works in modern web browsers on a PC or Mac computer connected to the internet.

Do I need to do all the sessions?

The course is not time-consuming, but it does take some commitment. Many people start to see improvements after 2-3 weeks. However, best results are obtained if you follow through on all the sessions that Sleepio offers. Even after the first 6 weeks, you are welcome to keep using the sleep diary and course content to help you maintain your sleep improvements.

What is covered in the six sessions?

The six core sessions are highly personalized to your particular sleep needs. However the general structure is as follows:

- Week 1 – Identify the causes of your poor sleep and set goals for the programme
- Week 2 – Learn to optimise your daytime, for sleep
- Week 3 – Boost the connection between bed and sleep
- Week 4 – Learn a range of techniques that help clear the mind for sleep
- Week 5 – Grow your toolkit with final techniques tailored to what you need
- Week 6 – Assess your progress, revisit material, and pose any questions to our team of experts

Troubleshooting

We hope you will find that signing up and using Sleepio is straightforward and rewarding to you. If you do encounter any technical difficulties, please email your query to hello@sleepio.com

If you have a question about your clinical care more generally, please contact Healthy Minds on 01865 901600.