

# A proven path to better sleep with Sleepio

NHS Scotland now offers free access to digital CBT for insomnia through Sleepio.

The NHS recommends that people with insomnia or poor sleep are first offered cognitive behavioural therapy (CBT) for insomnia. Sleepio is the NHS-recommended digital treatment for insomnia and poor sleep, which delivers CBT for insomnia in 10-minute sessions over six weeks. It's fully funded by the NHS, so entirely free for you as a patient.

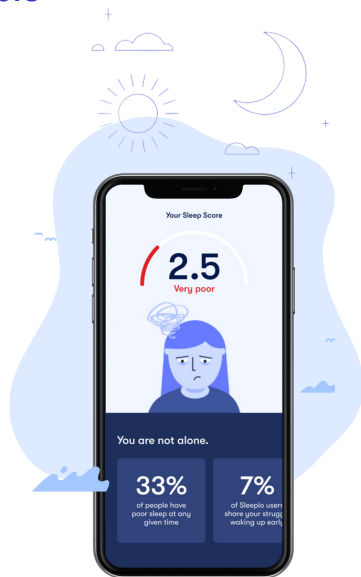
Start Sleepio today at:



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



Like any other treatment, to get the full benefit of Sleepio, we recommend users complete all six weekly sessions and practise the skills between sessions.



## What is CBT for insomnia?

### Sleep Restriction



The most powerful way to increase your sleep drive and reset your sleep schedule.

### Stimulus Control



Helping to rebuild a healthy association between your bed and sleep.

### Cognitive Tools



Helping you manage the worries and thoughts that make it difficult to sleep.

### Sleep Hygiene Review



Optimise your environment and habits for better sleep.



## Start sleeping better in three easy steps:

- 1** Create your account at [sleepio.com/nhs](https://sleepio.com/nhs) (fully funded by the NHS)
- 2** Answer a few short questions about your sleep, and we'll customise Sleepio for you!
- 3** Download the Sleepio app on Android and iOS devices to start treatment, or continue online at [Sleepio.com](https://Sleepio.com)



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

In the UK, Sleepio is a CE marked medical device available for the treatment of insomnia disorder.

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