



Updating your website

Update your website messaging with one of the options below to help you share Sleepio with your network.



Option One

Sleepio is a free, NHS-recommended treatment for insomnia and poor sleep. Start today at sleepio.com/nhs

Option Two

- Sleepio is a free, NHS-recommended digital treatment for insomnia and poor sleep
- Sleepio delivers cognitive behavioural therapy for insomnia in 10 minute sessions over six weeks
- You can start today at sleepio.com/nhs

Option Three

- 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
- You can start Sleepio today at sleepio.com/nhs