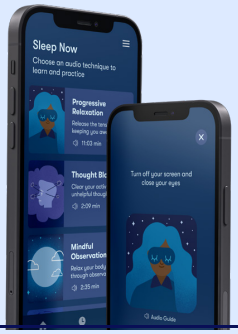
Your moment is now

Wake up feeling great with Sleepio

Sleepio users fall asleep faster, spend less time awake at night, and feel better the next day.[1]

Sleepio, the NHS-recommended digital treatment for insomnia and poor sleep, is:



- No cost to you
- Backed by research[1]
- Available now

Start sleeping better with Sleepio:

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

www.sleepio.com/nhs

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1. Espie et al. (2012). *Sleep*