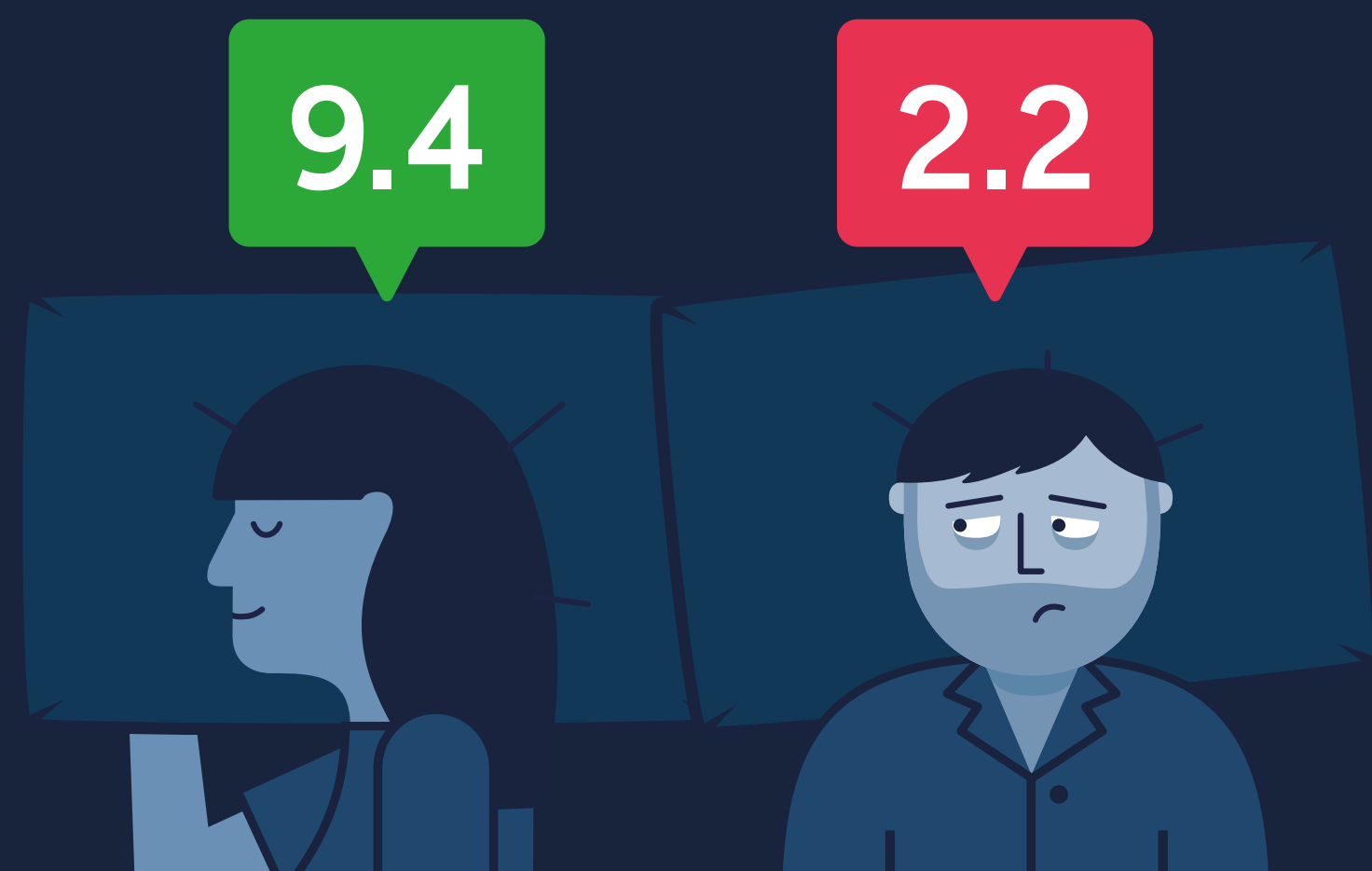




What's your Sleep Score?

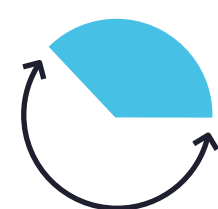
Discover your sleep score
and how to improve it
www.sleepio.com/nhs

Sleepio

NHS
SCOTLAND

What is Sleepio?

Sleepio is a 6 week online sleep improvement program designed by sleep experts. Sleepio features a series of science-based skills based on Cognitive Behavioral Techniques.



Sleep Restriction

The toughest but most effective technique for long-term sleep improvement.



Calm the Racing Mind

Learn to manage the thoughts that keep you from the sleep you need.



Bed-Sleep Connection

Get back on good terms with your bedroom.



Paradoxical Thinking

A counter-intuitive technique that reduces anxiety and frustration when you're trying to sleep.

*Plus many other essential techniques

Sleepio is available at no cost to all Scotland residents

Here's how to get started:

1

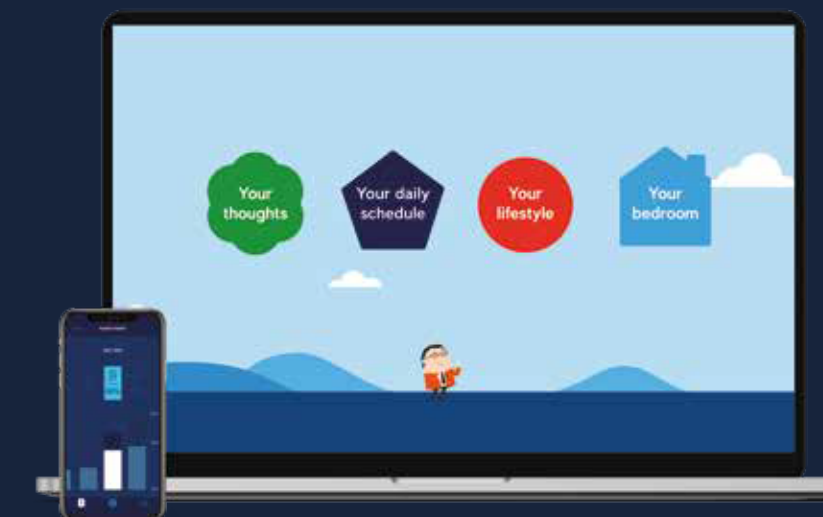
Visit www.sleepio.com/nhs and complete the 2-minute sleep test.

2

Get a report of your Sleep Score with a personalised sleep tip you can try tonight.

3

Continue with the full sleep improvement program, tailored to your specific situation.



Any questions? Please contact the Sleepio Team at hello@sleepio.com