

## Sleepio

Sleepio is an online sleep improvement program on the basis of Cognitive Behavioral Therapy (CBT) techniques. It is clinically proven and partnered with the University of Oxford. The focus lies on thoughts and worries about sleep, night time sleep schedule, lifestyle and bedroom. Once weekly the client meets his/her virtual sleep expert.

### Target Groups

- Adults

### Topics

- Insomnia

### Type of Best Practice

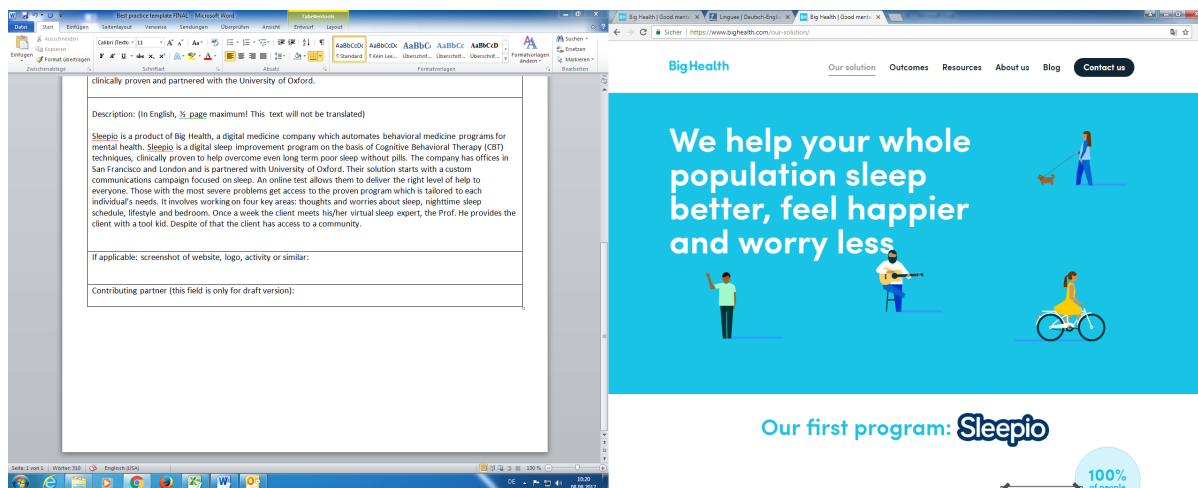
- Therapy

### Country

- UK

## Description

Sleepio is a product of Big Health, a digital medicine company which automates behavioral medicine programs for mental health. Sleepio is a digital sleep improvement program on the basis of Cognitive Behavioral Therapy (CBT) techniques, clinically proven to help overcome even long term poor sleep without pills. The company has offices in San Francisco and London and is partnered with University of Oxford. Their solution starts with a custom communications campaign focused on sleep. An online test allows them to deliver the right level of help to everyone. Those with the most severe problems get access to the proven program which is tailored to each individual's needs. It involves working on four key areas: thoughts and worries about sleep, night time sleep schedule, lifestyle and bedroom. Once a week the client meets his/her virtual sleep expert, the Prof. He provides the client with a tool kit. Despite of that the client has access to a community.



clinically proven and partnered with the University of Oxford.

Description: (in English, 3 page maximum! This text will not be translated)

Sleepio is a product of Big Health, a digital medicine company which automates behavioral medicine programs for mental health. Sleepio is a digital sleep improvement program on the basis of Cognitive Behavioral Therapy (CBT) techniques, clinically proven to help overcome even long term poor sleep without pills. The company has offices in San Francisco and London and is partnered with University of Oxford. Their solution starts with a custom communications campaign focused on sleep. An online test allows them to deliver the right level of help to everyone. Those with the most severe problems get access to the proven program which is tailored to each individual's needs. It involves working on four key areas: thoughts and worries about sleep, nighttime sleep schedule, lifestyle and bedroom. Once a week the client meets his/her virtual sleep expert, the Prof. He provides the client with a tool kit. Despite of that the client has access to a community.

If applicable: screenshot of website, logo, activity or similar:

Contributing partner (this field is only for draft version):

Big Health

Our solution Outcomes Resources About us Blog Contact us

We help your whole population sleep better, feel happier and worry less

Our first program: Sleepio

100% of people

## Original language

English

## Country

UK

## Link

<https://www.sleepio.com/>

(access date: 08/08/2017)



CC - Attribution-NonCommercial-ShareAlike  
<http://creativecommons.org/licenses/by-nc-sa/3.0/>

ILI. *Sleepio*. Retrieved on Thu June 18, 2026 from <https://ecounselling4youth.gunet.gr/online-material/courses/TGP147/>



Co-funded by the  
Erasmus+ Programme  
of the European Union

The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein

<https://www.ecounselling4youth.eu/project/>