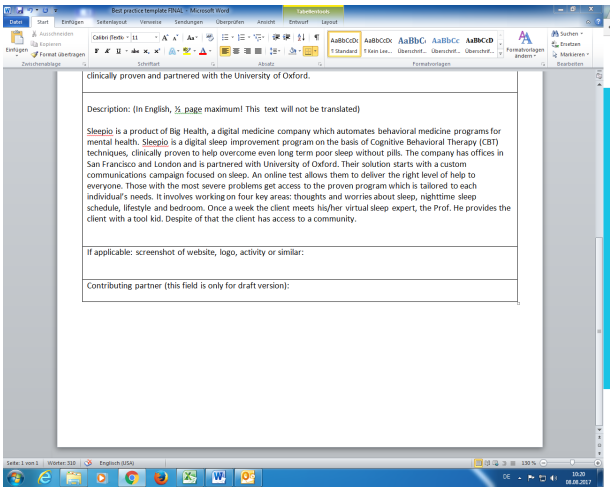
Sleepio

Sleepio ist ein Online-Schlafverbesserungsprogramm auf der Basis der kognitiven Verhaltenstherapie (Cognitive Behavioral Therapy, CBT). Es ist klinisch erprobt und arbeitet mit der Universität Oxford zusammen. Der Fokus liegt auf Überlegungen und Gedanken über Schlaf, Nachtschlafplan, Lebensstil und Schlafzimmer. Einmal wöchentlich trifft sich der Klient mit seinem virtuellen Schlafexperten.

Zielgruppe	Thema	Typ gutes Beispiel	Land
• Erwachsene	• Schlaflosigkeit	• Therapie	• Vereinigtes Königreich

Beschreibung

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 kid. Despite of that the client has access to a community.

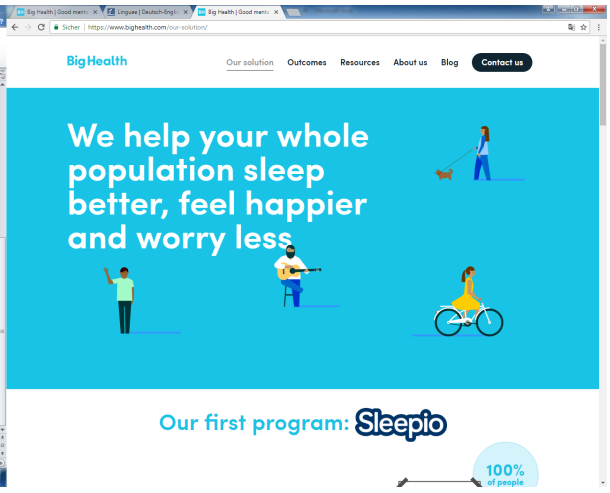

clinically proven and partnered with the University of Oxford.

Description: (In English, ½ page maximum! This text will not be translated)

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

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



Ursprüngliche Sprache

English

Land

UK

Link

https://www.sleepio.com/

(access date: 08/08/2017)

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ILI. *Sleepio*. Abgerufen am Sonntag November 22, 2026 von insgesamt https://ecounselling4youth.gunet.gr/online-material/courses/TGP580/

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

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