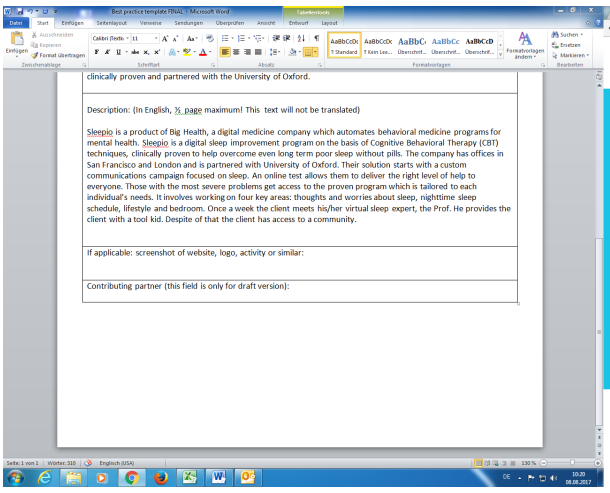
Sleepio

Sleepio býður rafrænt námskeið um svefn fyrir þá sem eiga við svefnvandamál að stríða. Byggt er á hugrænni atferlismeðferð. Námskeiðið er byggt á niðurstöðum klínískra rannsókna í samstarfi við háskólann í Oxford. Áhersla er lögð á hugsanir og áhyggjur af svefni, nætursveiflu, lífsstíl og svefnaðstæður. Einu sinni í viku hittir einstaklingurinn sinn sérfræðing.

Markhópur	**Efni**	**Tegund**	**Land**
• Fullorðnir	• Svefnleysi	• Meðferð	• Bretland

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.

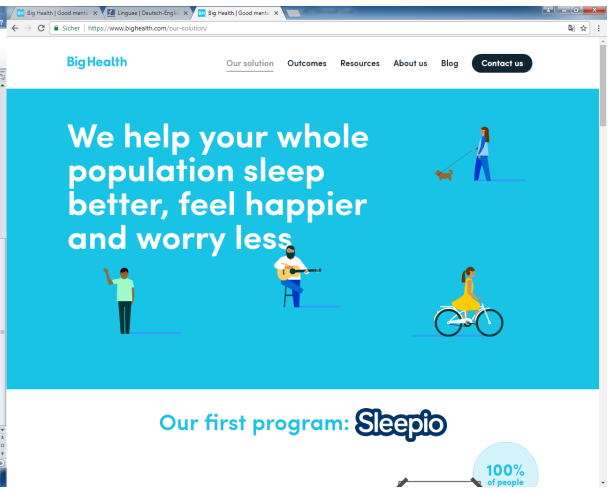

clinically proven and partnered with the University of Oxford.

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):



Upphaflegt tungumál

English

Land

UK

Tengill

https://www.sleepio.com/

(access date: 08/08/2017)

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Framkvæmdastjórn Evrópusambandsins, styrkir verkefnið en er ekki ábyrgt fyrir skoðunum eða innihaldi efnis tengdu verkefninu.

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