

Sleepio

Sleepio je spletni program za izboljšanje motenj spanja na podlagi tehnik kognitivnega vedenja (CBT). Razvit je bil v partnerstvu z Univerzo v Oxfordu. Osredotoča se na preokvirjanje misli, ki proizvajajo blokade spanja.

Ciljne skupine

- Odrasli

Teme

- Nespečnost

Vrsta dobre prakse

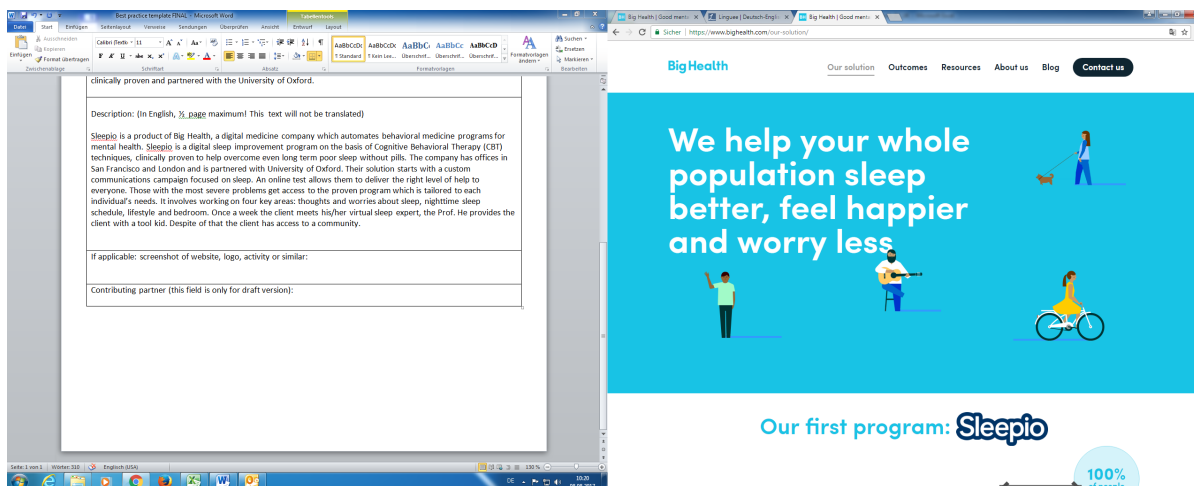
- Terapija

Jezik

- Velika Britanija

Opis

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.



The image shows two overlapping screenshots. On the left is a Microsoft Word document titled 'Bed project template (FINAL)'. The document content includes:

- clinically proven and partnered with the University of Oxford.
- Description: (in English, ½ 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):

 On the right is a screenshot of the Big Health website. The main banner features the text:

- Big Health
- We help your whole population sleep better, feel happier and worry less
- Our first program: Sleepio
- 100% of people

Jezik, v katerem je praksa dostopna v originalu

English

Država

UK

Povezava

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

(access date: 08/08/2017)



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<https://ecounselling4youth.gunet.gr/online-material/courses/TGP582/>



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