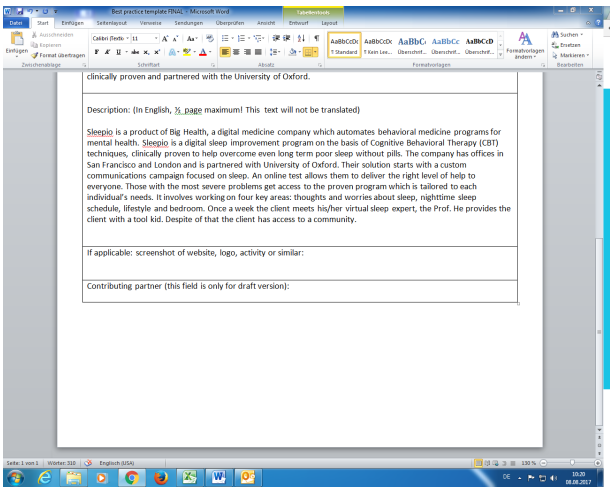
Sleepio

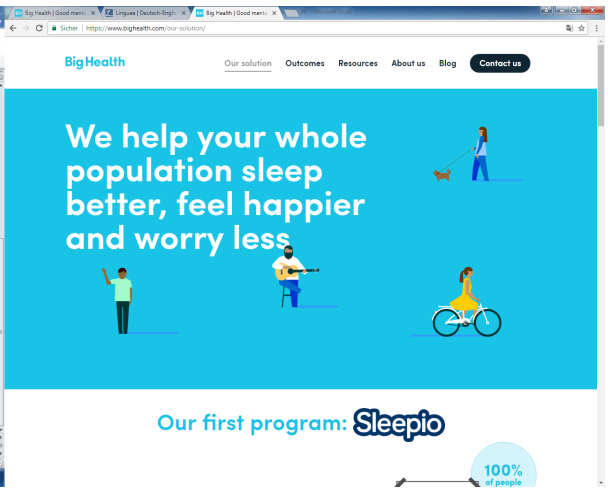
Sleepio je spletni program za izboljšanje motenj spanja na podlagi tehnik kognitivnega vedenja (CBT). Razvit je bil v partnerstvu z Univerzo v Oxfordu. Osredotoča se na preokvirjanje misli, ki proizvajajo blokade spanja.

Ciljne skupine	Teme	Vrsta dobre prakse	Jezik
• Odrasli	• Nespečnost	• Terapija	• 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 kid. Despite of that the client has access to a community.





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://www.ecounselling4youth.eu/project/