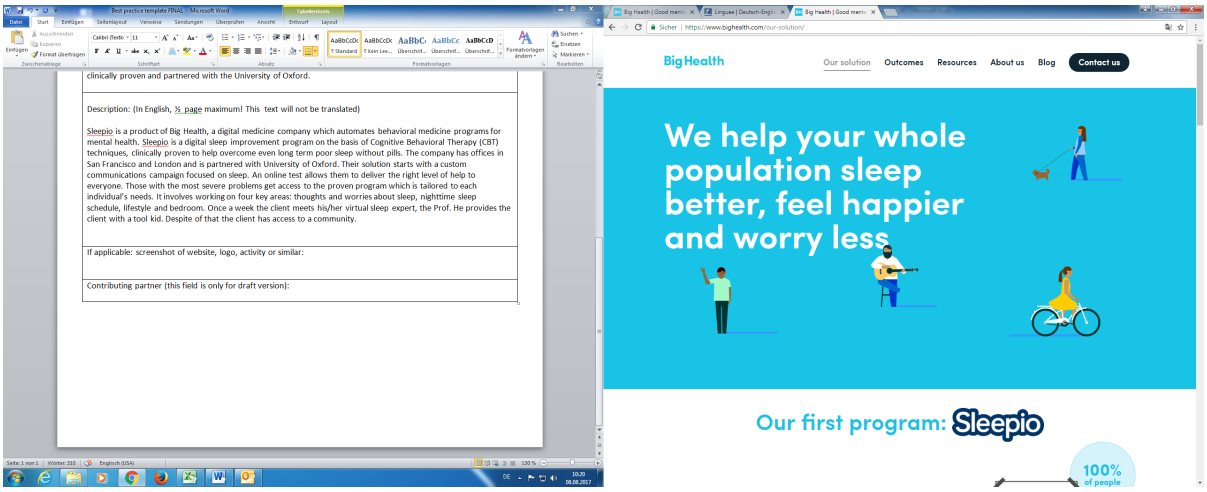
Sleepio

Sleepio je online program za poboljšanje spavanja na temelju tehnika kognitivne bihevioralne terapije (CBT). Klinički je dokazan i nastao u suradnji sa sveučilištem Oxford. Naglasak se stavlja je na misli i brige o spavanju, rasporedu noćnog spavanja, načinu života i samoj spavaćoj sobi. Jednom tjedno klijent susreće svog virtualnog stručnog stručnjaka za spavanje.

Ciljana skupina	Tema	Vrsta dobre prakse	Zemlja
• Odrasli	• Nesanica	• 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 originala

English

Zemlja

UK

Poveznica

https://www.sleepio.com/

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