



# Sleepio: A Sleep Improvement Program

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Hello there!

**Sleepio** is a digital sleep improvement program for people who may have insomnia. Sleepio teaches you Cognitive Behavioral Therapy (CBT) techniques that have been shown to work for many individuals.

This online program provides six sessions, personalized to your needs. Sleepio also offers additional features to help you get to sleep, including a sleep diary, online community, and articles written by sleep experts.

We will schedule a follow-up appointment to see how you are doing after you have completed all six sessions. At this appointment, we will review your experience with Sleepio and discuss other treatment options if you are still having trouble with your sleep.

To get started, we are sharing a patient starter packet, complete with your discounted access code, step-by-step instructions to signing up, and additional background material on Sleepio.

If you have trouble getting started with Sleepio or have other technical issues, please feel free to contact the Sleepio team directly via email at [hello@sleepio.com](mailto:hello@sleepio.com). If you have any questions about your care, please contact us.

Sincerely,

The team at Michigan Behavioral Sleep Medicine Clinic

Department of Psychiatry

**Please note** that The University of Michigan **does not endorse or guarantee** the Sleepio digital sleep treatment program. Neither The University of Michigan nor Big Health (the owner/operator of the Sleepio program) are agents of the other. The University of Michigan has no responsibility for the services or products offered by Big Health and have not reviewed the qualifications of Big Health or its Sleepio program.

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