

Sleepio to treat insomnia and insomnia symptoms

Information for the public

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NICE has said Sleepio can be used in the NHS to treat insomnia in primary care, if you would otherwise be offered sleep hygiene or sleeping pills.

If you have any other illnesses, or if you're pregnant, you should have a medical assessment before being offered Sleepio, to rule out other conditions such as undiagnosed sleep apnoea.

NICE has recommended further research comparing Sleepio with face-to-face cognitive behavioural therapy (CBT) for insomnia, which experts say is the most effective treatment currently. There is some evidence that Sleepio could be as effective but not enough to recommend it.

Sleepio is a website-based self-help programme that treats insomnia using techniques from CBT. It can also be accessed using an app and wearable fitness trackers.

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