

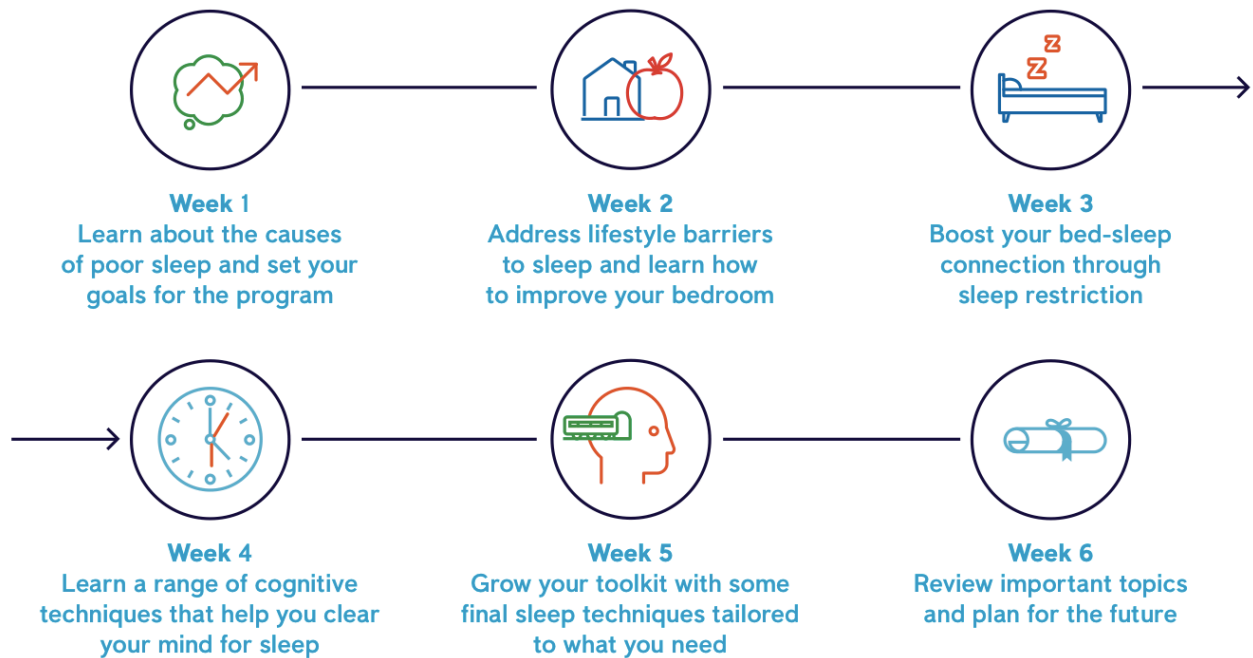


## A personalized sleep improvement program delivered over 6 weeks

Sleepio is an award-winning digital sleep improvement program, based on Cognitive Behavioral Therapy for Insomnia (CBT-I). Please see overleaf for details of your discount.

### What does the Sleepio program involve?

Once a week, you log on to [www.sleepio.com](http://www.sleepio.com) to visit your virtual sleep expert 'The Prof'. Each week for 6 weeks, The Prof will guide you through an interactive 20-minute session.



Throughout the program you are in control – you can pace the sessions in the way that works best for you. You will develop a 'toolbox' of techniques that are personalized to you.

There is also an online community of other Sleepio users and course 'Graduates' where you can seek advice and encouragement from people who have 'been there and done that'.

### Does Sleepio work?

Sleepio is backed by gold standard scientific evidence – in 2012 Sleepio was tested in a clinical trial and helped 75% of poor-sleepers overcome their sleep problems.

Sleepio helped users:

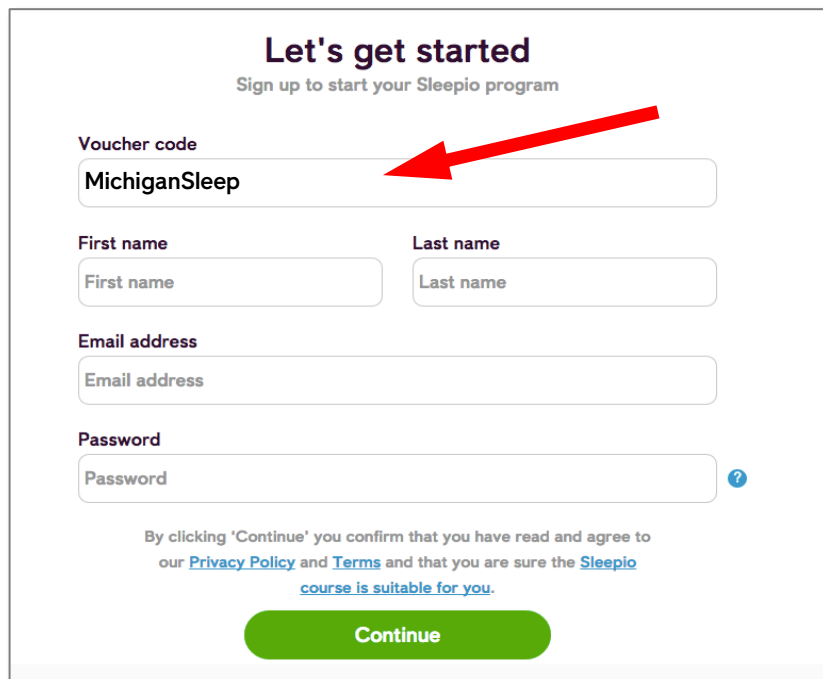
- Fall asleep up to 54% faster
- Reduce nighttime awakenings by up to 63%
- Boost daytime energy and concentration by up to 58%

87% of users said that they would recommend Sleepio to a friend with sleep problems.

If you have questions at any stage, please email [hello@sleepio.com](mailto:hello@sleepio.com)

## Accessing Sleepio for free

1. Go to the website: [www.sleepio.com/redeem](http://www.sleepio.com/redeem)
2. Enter **MichiganSleep** into the 'Voucher code' box and add your name, email and create a password



**Let's get started**  
Sign up to start your Sleepio program

Voucher code

First name  Last name

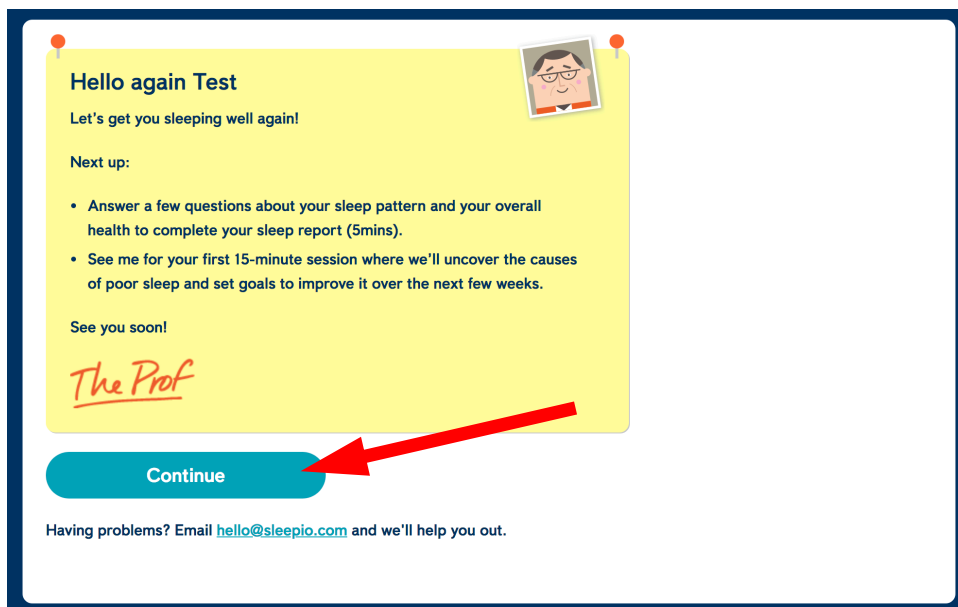
Email address

Password  [?](#)

By clicking 'Continue' you confirm that you have read and agree to our [Privacy Policy](#) and [Terms](#) and that you are sure the [Sleepio course is suitable for you](#).

[Continue](#)

3. On the next page, click 'Continue'



**Hello again Test**  
Let's get you sleeping well again!

Next up:

- Answer a few questions about your sleep pattern and your overall health to complete your sleep report (5mins).
- See me for your first 15-minute session where we'll uncover the causes of poor sleep and set goals to improve it over the next few weeks.

See you soon!

*The Prof*

[Continue](#)

Having problems? Email [hello@sleepio.com](mailto:hello@sleepio.com) and we'll help you out.

4. You'll then need to fill in your in-depth sleep test to unlock your first session.

If you have questions at any stage, please email [hello@sleepio.com](mailto:hello@sleepio.com)