SLEEPIO

Program Overview

Sleepio is an online sleep improvement program proven to help you clear your mind, improve your sleep, and have better days. After taking a 2 minute sleep test at www.sleepio.com/bmc, you will participate in a personalized six-week program that you complete at your own pace. Each session builds on the last, guiding you step by step through methods proven to help you quiet your racing mind, reshape your behaviors, and get better sleep — all in about 20 minutes per week.

The program uses cognitive behavioral therapy techniques to help you fall asleep faster, spend less time awake at night, and function better the next day. Each session is automated, yet the content is tailored to your particular problems, your week-to-week progress in improving your sleep and the choices you make during the session. Throughout your six-week journey you will watch session with 'The Prof', track your sleep (either manually or by linking a sleep tracker), and try suggested techniques.

You will also have access to the Sleepio Community, where you can choose to share your experiences with others on the course, and get support from 'course graduates' who have been there before. In addition, the Library contains over 100 articles covering every topic on the course, details on putting techniques into practice and the science behind them. Each week a sleep expert holds a 'live group seminar' on the Community, and answers the most popular questions from the previous week.

Eligibility

All BMC employees

How to get started

Visit www.sleepio.com/bmc and take a 2 minute sleep test.

Questions

If you need assistance, please email hello@sleepio.com.

Let us know what you think! If you would like to provide feedback on your experience with this program, please email the BMC Benefits Team at benefits@bmc.org.