



Frequently Asked Questions

1. How can I access Sleepio?

Get started by taking the sleep quiz at www.sleepio.com/cuhealthplan.

2. Who is eligible for Sleepio?

Employees and dependents 18+ enrolled in any CU Health Plan administered by Anthem/CVS are eligible for Sleepio.

3. How much does Sleepio cost?

Sleepio is sponsored by the CU Health Plan and is free for eligible participants.

4. How does Sleepio work?

Sleepio is an online sleep improvement program, created by sleep expert Dr. Colin Espie and grounded in cognitive and behavioral techniques.

Start by taking this quick sleep quiz at www.sleepio.com/cuhealthplan to discover your Sleep Score and get a personalized sleep tip you can try tonight. Then, using the online sessions, you'll learn a range of science-backed cognitive and behavioral techniques that are proven to help you sleep better.

These techniques help you establish a healthy sleep pattern, addressing the mental factors associated with sleep problems such as the 'racing mind', so you can overcome the worry and other negative emotions that come with being unable to sleep. By developing a 'pro-sleep' routine to achieve a strong connection between bed and sleep, falling asleep (and staying asleep) becomes more automatic and natural.

Each online session only takes a few minutes to complete and is tailored to improve your specific sleep habits and help you reach your sleep goals. Between sessions, you'll complete a daily Sleep Diary to track your progress and receive reminders to help you stick with the program. Join Sleepio's supportive online community where you can read articles on topics like pregnancy and sleep, shift work, jet lag and menopause. The program is fully self-paced 6 levels, broken down into 1-5 minute parts.

5. What are cognitive and behavioral techniques?

Cognitive and behavioral techniques address the mental (or cognitive) factors associated with poor sleep, such as the 'racing mind', and to overcome the worry and other negative emotions that accompany the experience of being unable to sleep.

In addition, these techniques help people with poor sleep establish a healthy sleep pattern. This behavioral element supports people to develop a 'pro-sleep' routine and to achieve a strong connection between bed and successful sleep, meaning that falling asleep and staying asleep in bed become more automatic and natural.

6. Will my employer know my sleep information?

No, none of your information will be shared with your employer.

7. Is Sleepio effective?

Sleepio has been tested to the highest standards of clinical evidence, in a placebo-group Randomized Controlled Trial (RCT).

In this trial, 76% of poor sleepers who used Sleepio achieved healthy sleep. The results of this trial show that the techniques taught by Sleepio can help people learn how to fall asleep up to 50% faster, spend 60% less time awake during the night, and boost daytime energy, mood and concentration.

8. What if I have more questions?

The Sleepio customer support team can be reached at hello@sleepio.com. Emails are responded to within 24 hours, including weekends.