



Instant access to effective, FDA-cleared digital CBT

SleepioRx and DaylightRx guide patients through cognitive-behavioral therapy (CBT), a **first-line recommended treatment** for insomnia and anxiety.^{1,2}



FDA-Cleared



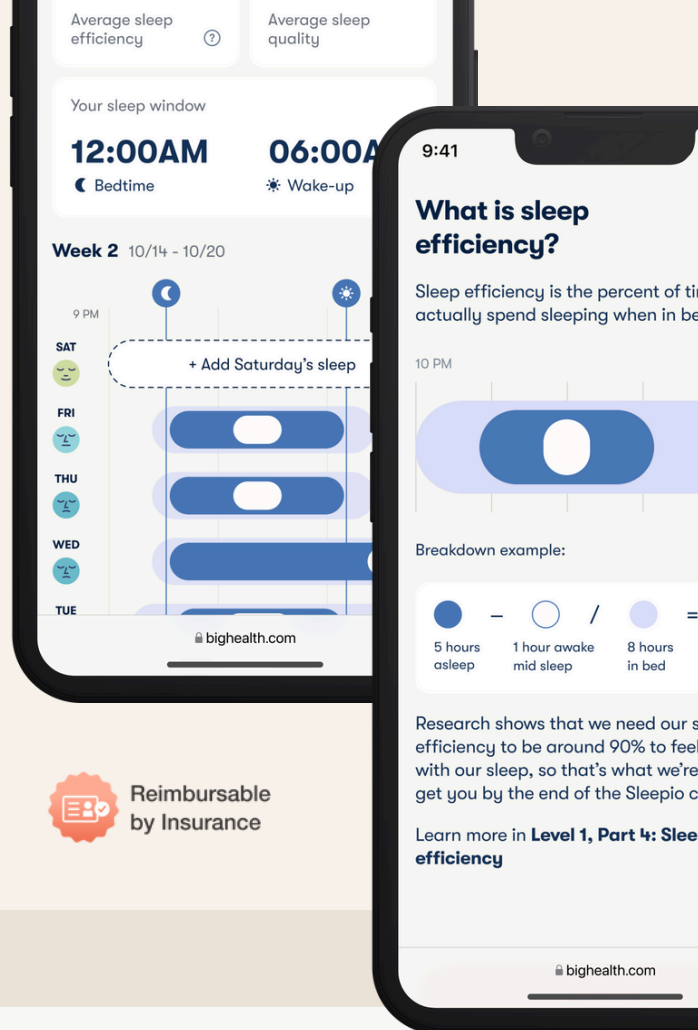
330K Patients
Treated & supported



Vetted & Secure
HIPAA compliant &
HITRUST certified



Reimbursable
by Insurance



Sleepio^{Rx}

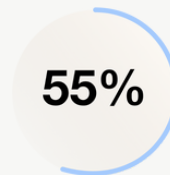
The only FDA-cleared, reimbursable, digital CBT-I treatment for adults 18 and older with insomnia.



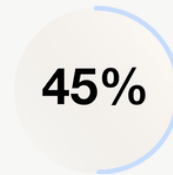
Experience clinical improvement in insomnia³



Less time spent awake at night³



Reduction in the time taken to fall asleep³



Improved functioning the next day³

RECOMMENDED FIRST-LINE BY LEADING CLINICAL GUIDELINE BODIES^{1, 4, 5, 6}



NICE National Institute for Health and Care Excellence

BAP British Association for Psychopharmacology



Ask us about DaylightRx, our digital treatment for generalized anxiety disorder (GAD) proven to help 71% of patients overcome anxiety⁷



Billing codes for digital mental health treatments



The Centers for Medicare Services (CMS) finalized new billing codes for qualifying digital mental health treatments like **SleepioRx** and **DaylightRx** effective January 1, 2025.

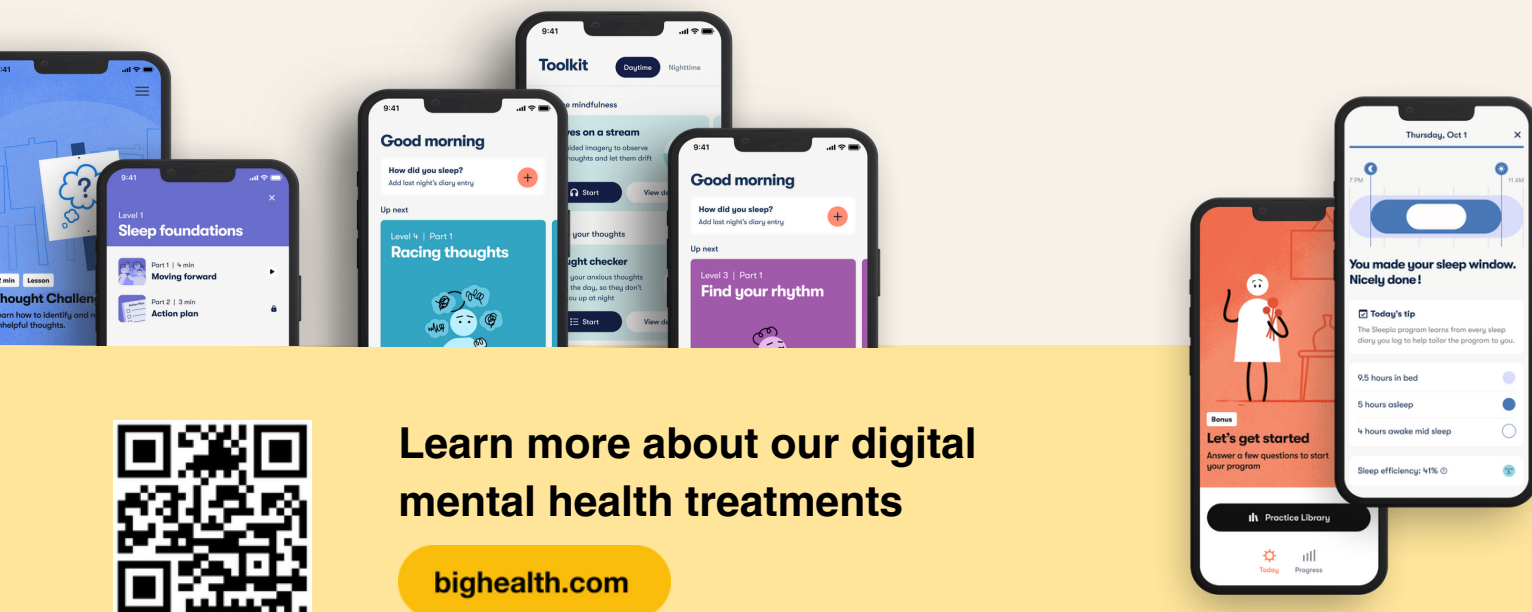
How it works

Code G0552 allows billing for the provision of SleepioRx / DaylightRx + initial education & onboarding, per course of treatment that supports a behavioral therapy plan.

Any licensed healthcare provider is eligible to order SleepioRx / DaylightRx for patients.

Medicare coverage is available. Increasingly, commercial payers are adopting these codes.

These incremental reimbursement opportunities expand treatment options & enhance patient care.



Learn more about our digital mental health treatments

bighealth.com

SleepioRx is a digital therapeutic intended for the treatment of chronic insomnia/insomnia disorder as an adjunct to usual care in patients aged 18 and older. SleepioRx is a prescription device delivering Cognitive Behavioral Therapy for Insomnia (CBT-I) and can be made available on the order of a licensed healthcare provider. Patients should read the instructions for use for full information.

DaylightRx is a prescription device delivering Cognitive Behavioral Therapy and can be made available on the order of a licensed healthcare provider. DaylightRx is a digital therapeutic intended to treat generalized anxiety disorder (GAD) by improving a patient's GAD symptoms as an adjunct to usual care in patients aged 22 years and older. Patients should read the instructions for use for full information.

1. Qaseem et al (2016). *Ann Intern Med*
2. DeGeorge et al. (2022). *Am Fam Physician*
3. Espie et al. (2012). *Sleep*
4. National Institute for Health and Care Excellence. (2022). Sleepio to treat insomnia and insomnia symptoms.
5. Riemann et al. (2023). *Journal of Sleep Research*
6. Wilson et al. (2019). *J Psychopharmacol*
7. Carl et al. (2020). *Depression and Anxiety*