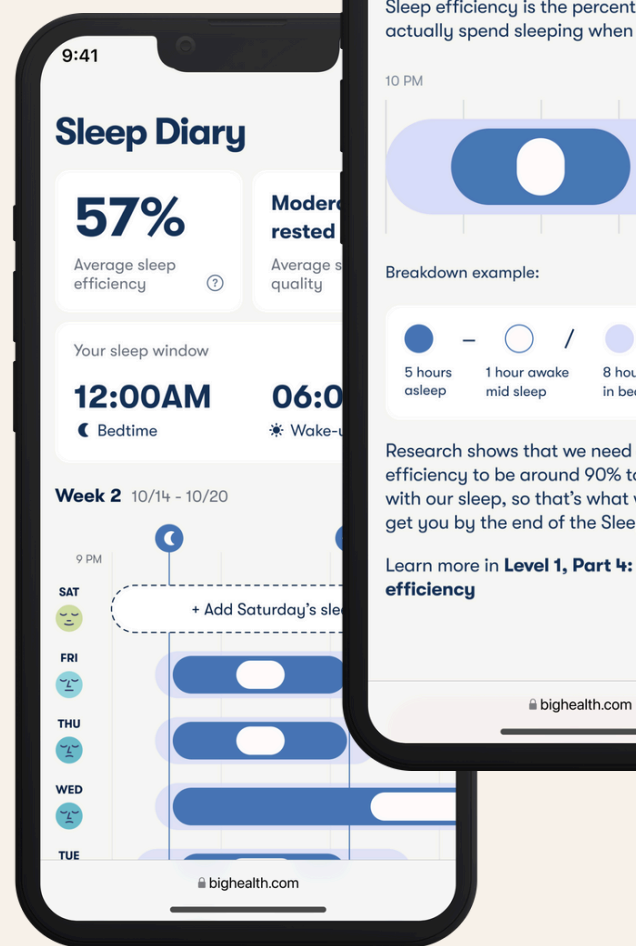


Safe and effective digital CBT for your patients

SleepioRx guides patients through cognitive-behavioral therapy for insomnia, (CBT-I), the first-line recommended treatment for insomnia disorder.^{1, 2}

- ✓ FDA-cleared digital treatment
- ✓ 70+ peer-reviewed publications
- ✓ No serious side effects
- ✓ Reimbursable by insurance³



Sleepio^{Rx}

Self-paced insomnia treatment helps patients overcome sleep challenges quickly.⁴

CBT TECHNIQUES

- ✦ Sleep restriction
- ✦ Stimulus control
- ✦ Cognitive therapy



Experience clinical improvement in insomnia⁴



Less time spent awake at night⁴



Reduction in the time taken to fall asleep⁴



Improved functioning the next day⁴

REFERENCED IN LEADING CLINICAL GUIDELINES^{1, 2, 5, 6}

 **ACP** American College of Physicians®
Leading Internal Medicine, Improving Lives

 **ESRS** European Sleep Research Society
Sleep Research and Sleep Medicine in Europe

NICE National Institute for Health and Care Excellence

AASM American Academy of SLEEP MEDICINE®

Use cases for SleepioRx within psychology

Care extension

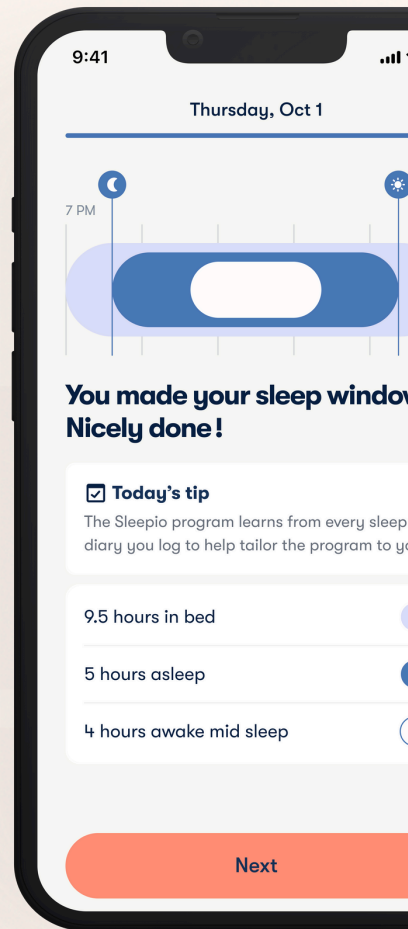
Offer SleepioRx for insomnia disorder alongside care for other conditions. Patient uses SleepioRx at home to address insomnia while you treat their other diagnoses in the clinic.

Homework + discharge support

Offer SleepioRx to reinforce and support the practice of CBT-I between sessions and/or onboard patients to SleepioRx ahead of discharge as a tool to maintain CBT-I skills.

Learn more about SleepioRx

bighealth.com/sleepiorx



Get reimbursed for SleepioRx through insurance³

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2. Edinger JD, Arnedt JT, Bertisch SM, et al. Behavioral and psychological treatments for chronic insomnia disorder in adults: an American Academy of Sleep Medicine clinical practice guideline. *J Clin Sleep Med*. 2021;17(2):255–262.
3. CMS has finalized 3 new G-codes that will cover FDA-cleared digital mental health treatment (DMHT) for Medicare recipients in the [Calendar Year \(CY\) 2025 Medicare Physician Fee Schedule](#). The finalized codes cover supply of the device itself (along with initial education and onboarding) and treatment management services directly related to the patient's therapeutic use of the DMHT device. Codes will go into effect January 2025.
4. Espie, C. A., Kyle, S. D., Williams, C., Ong, J. C., Douglas, N. J., Hames, P., & Brown, J. S. (2012). A randomized, placebo-controlled trial of online cognitive behavioral therapy for chronic insomnia disorder delivered via an automated media-rich web application. *Sleep*, 35(6), 769-781.

5. National Institute for Health and Care Excellence. (2022, May 20). Sleepio to treat insomnia and insomnia symptoms. <https://www.nice.org.uk/guidance/mtg70/chapter/1-Recommendations>

6. Riemann, D., Espie, C. A., Altena, E., Arnardottir, E. S., Baglioni, C., Bassetti, C. L., ... & Spiegelhalter, K. (2023). The European Insomnia Guideline: An update on the diagnosis and treatment of insomnia 2023. *Journal of sleep research*, 32(6), e14035.

INDICATIONS FOR USE

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. DOC-3731 Effective Nov 2024