

Help for patients with Insomnia

Insomnia affects one in ten adults. I always get a slight panic when patients tell me they are having trouble sleeping. Partly because its often hard to give them enough time in ten minutes to get to the real causes, but also because we are limited in what we can offer.

Sleepio is an online programme to address insomnia. It aims to improve sleep without sleeping tablets through a fully automated, interactive web-based tool.

Innovate UK has funded a project which will provide free direct access to Sleepio to all 2.7 million adults living in the Thames Valley October 2018 until autumn 2019. This means people can access the programme without needing a GP referral or prescription.

This initiative is being led by the Oxford Academic Health Science Network (Oxford AHSN) in partnership with [Big Health](#), the company behind Sleepio. This is the first large-scale NHS rollout of direct access digital medicine. It is supported by NHS England and the NHS Innovation Accelerator.

The website can be accessed [here](#).

If you would like more information or tools for the surgery, please contact the organisers via email nhs@sleepio.com

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