

An illustration of a woman with dark hair, shown in profile, looking to the left. She has a calm expression. Above her head is a green speech bubble containing the number 9.4. The background behind her is a dark blue rectangle.

9.4

An illustration of a man with dark hair, shown from the chest up, looking forward with a sad or stressed expression. Above his head is a red speech bubble containing the number 2.2. The background behind him is a dark blue rectangle.

2.2

# What's your Sleep Score?

Discover your Sleep Score and how to improve it  
[www.sleepio.com/cuhealthplan](http://www.sleepio.com/cuhealthplan)

Sleepio



Health Plan

# What's your Sleep Score?

Test your sleep and discover how you can improve it - for free.

Whether you struggle to get a wink or sleep like a log, sleep impacts every area of your life! From your energy to your appetite, and even how well you get along with colleagues!

Find out how you compare by taking our quick sleep test: [www.sleepio.com/cuhealthplan](http://www.sleepio.com/cuhealthplan)

You'll receive your Sleep Score and one sleep tip you can try tonight to get better sleep.

If you need more sleep help, you'll be able to continue your personalized sleep improvement program.

Sleepio is available at no additional cost to members enrolled in any CU Health Plan administered by Anthem/CVS.

Have questions? Get in touch with the Sleepio team via [hello@sleepio.com](mailto:hello@sleepio.com)

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