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Sleep better, feel better and earn a $50 reward with Sleepio [1]



May 29, 2025 by Employee Services [2]

Tossing and turning at night? You're not alone — and now there's a proven way to sleep better and feel better. Sleepio is a personalized sleep improvement program available at no additional cost to CU Health Plan members age 18 and older enrolled in Anthem-administered CU Health Plans.

What is Sleepio?

Sleepio is a digital sleep improvement program based on cognitive behavioral therapy (CBT), designed to help you fall asleep faster, stay asleep longer and wake up feeling refreshed. Whether you're managing stress, irregular sleep patterns or middle-of-the-night wakeups, Sleepio offers practical techniques tailored to your sleep needs.

Your $50 Wind-Down Bonus

As part of May Mental Health Awareness Month, Sleepio is offering a special $50 gift card incentive to help eligible CU Health Plan members kick-start your sleep journey. Simply complete Sleepio's brief onboarding steps and fill out a sleep diary for 5 days within your first week of joining the program.

The deadline to complete these steps is **June 16, 2025**, and the reward will be sent via email on or around **July 7, 2025**.

Getting started is easy:

1. Visit the Sleepio website [3].
2. Create your account and download the Sleepio app.
3. Start your personalized program and get closer to better sleep — night by night.

This offer is available to new Sleepio users only. Visit the big health website [4] for full incentive terms and conditions.

benefits [5], sleepio [6]
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