Sleepio [1]

Coming July 1, Sleepio is an online tool to help CU Health Plan members ensure a good night's sleep.

Sleepio provides tips and tricks on how to improve your sleep score based on:

- Your thoughts
- Your daily schedule
- Your lifestyle
- Your bedroom

Video: Introduction to Sleepio [2]

This program is available at no extra cost for CU Health Plan members and dependents.

Who is this for?

- CU Health Plan members (employees, retirees, surviving spouses, partners and dependents)

Groups audience:
Employee Services

Source URL: https://www.cu.edu/employee-services/open-enrollment/sessions-fairs/sleepio

Links
[1] https://www.cu.edu/employee-services/open-enrollment/sessions-fairs/sleepio