

## **Sleepio** <sup>[1]</sup>

### **Don't count sheep. Count on Sleepio.**

Many people know the value of getting sufficient sleep but struggle to fall asleep, stay asleep or maintain a consistent sleep schedule. That's why enrollees in CU Health Plans have access to Sleepio, an evidence-based sleep improvement program that empowers users to assess their individual sleep struggles and enact concrete steps to improve the amount and quality of sleep they get.

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

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

**Video:** [Introduction to Sleepio](#) <sup>[2]</sup>

**Video:** [Employee Testimonial](#) <sup>[3]</sup>

**PDF:** [What's your sleep score?](#) <sup>[4]</sup>

? **PDF:** [Sleepio FAQs](#) <sup>[5]</sup>

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

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**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>

[2] <https://vimeo.com/62600280>

[3] <https://vimeo.com/224689289>

[4] <https://www.cu.edu/doc/sleepiowysflyercupdf>

[5] <https://www.cu.edu/doc/sleepio-generic-faqs-employeespdf>