

# DIGITAL COGNITIVE BEHAVIORAL THERAPY FOR INSOMNIA (CBT-I)

Information for this guide based on data submitted by digital CBT-I marketers. Sleep Review strives for accuracy in all data but cannot be held responsible for claims made by marketers. All digital CBT-I options may not be included. Email [sroy@medqor.com](mailto:sroy@medqor.com) to be considered for the next update.

Company		BetterNight	Big Health
			
<b>Program</b>		BetterNight Insomnia	Sleepio
<b>Website</b>		<a href="http://betternight.com">betternight.com</a>	<a href="http://sleepio.com">sleepio.com</a>
<b>Description</b>		BetterNight Insomnia is a personalized program that is led by Derek Loewy, PhD, co-founder of the Stanford University Insomnia Program. Experience the benefits of an evidence-based program with detailed feedback to improve your sleep and unlock better health, happiness, and energy.	Sleepio is a stigma-free, engaging, and instantly accessible sleep solution featuring proven cognitive and behavioral techniques. Sleepio is clinically proven with over 40 peer-reviewed papers, including 12 randomized control trials, that demonstrate its efficacy.
<b>Distribution Platforms</b>		iPhone App, Google Play App	Internet Browser, Tablet, iPhone App, Google Play App
<b>Sold to</b>	<b>Physicians</b>	Yes	No
	<b>Patients</b>	Yes	No
	<b>Health Systems</b>	Yes	Yes
	<b>Corporations</b>	Yes	Yes
<b>Data Transmittal</b>		Patient progress analyzed by a sleep navigator and reported to referring physicians (if applicable), typically via recurring reports.	Must be manually sent by user to physician.
<b>Available Reports for Physician</b>		Patients reassessed at mid- and end-points by a screener that is validated by physicians and measures the risk of insomnia, circadian sleep disorders, depression and anxiety, sleep apnea, sleepiness, and sleep deprivation, and this data is compared to baseline. Reporting can be provided at patient and population levels.	Sleep diary info; sleep quality score and data such as time in bed; time asleep; changes over time; sleep efficiency.
<b>Launch Year</b>		2018	2012
<b>Payment Options</b>	<b>Cash Pay</b>	Yes	N/A (available through employers)
	<b>FSA/HSA Eligible</b>	Yes	N/A (available through employers)
	<b>Insurance Coverage</b>	None	Accessible through employers that offer Sleepio to their employees; free to certain groups such as election poll workers, first responders, under certain circumstances, etc
<b>FDA Status</b>		Not approved	Not approved
<b>Internet Requirement for Patients</b>		Internet connection required.	To access the full range of features: broadband internet connection (desktop computer) or 3G and above (mobile).
<b>Languages</b>		English	English
<b>Supporting Study</b>		Munafò D et al. Sleep deprivation and the workplace: Prevalence, impact, and solutions. <i>Am J Health Promotion</i> . 2018;32(7):1644-6.	Visit <a href="http://www.bighealth.com/outcomes">www.bighealth.com/outcomes</a> for peer-reviewed research.

DrLullaby LLC	Mindware Consulting Inc	Pear Therapeutics
 <p data-bbox="273 288 349 310">DrLullaby</p>	 <p data-bbox="656 288 848 310">Night Owl - Sleep Coach</p>	 <p data-bbox="1155 288 1233 310">SOMRYST</p>
<p data-bbox="263 333 364 356">drlullaby.com</p>	<p data-bbox="701 333 802 356">nightowl.mobi</p>	<p data-bbox="1146 333 1247 356">somryst.com</p>
<p data-bbox="107 399 520 596">DrLullaby provides custom plans alongside video coaching with doctoral experts. We focus on plans for families, helping children and parents get the sleep they need. The iOS application includes research-backed lessons on behavioral strategies alongside sleep logging to monitor progress. This platform serves as an excellent companion tool alongside doctors' visits.</p>	<p data-bbox="545 385 958 609">Night Owl - Sleep Coach provides a treatment program for those experiencing difficulty initiating or maintaining sleep. It includes handouts and video presentations created by a psychologist and expert in behavioral sleep medicine. Videos, reading material, and daily tasks guide users through the program and provide a rationale for each step. The program takes 56 days to complete but often improvement will be experienced earlier.</p>	<p data-bbox="987 412 1400 584">Somryst is the first and only prescription digital therapeutic for chronic insomnia in patients 22 years of age and older that's delivered on your mobile device. Somryst delivers cognitive behavioral therapy for insomnia over 9 weeks. Somryst was named the 2020 Best Digital Health Product Galien Prix by the Galien Foundation.</p>
<p data-bbox="167 654 459 677">iPhone App (Google Play coming soon)</p>	<p data-bbox="647 654 858 677">iPhone App, Google Play App</p>	<p data-bbox="1085 654 1301 677">iPhone App, Google Play App</p>
<p data-bbox="172 721 455 743">Not directly; physicians refer patients</p>	<p data-bbox="742 721 768 743">Yes</p>	<p data-bbox="1176 721 1202 743">Yes</p>
<p data-bbox="299 785 325 808">Yes</p>	<p data-bbox="742 785 768 808">Yes</p>	<p data-bbox="1176 785 1202 808">Yes</p>
<p data-bbox="232 849 391 872">Not yet; hope to soon</p>	<p data-bbox="742 849 768 872">Yes</p>	<p data-bbox="1176 849 1202 872">Yes</p>
<p data-bbox="232 913 391 936">Not yet; hope to soon</p>	<p data-bbox="742 913 768 936">Yes</p>	<p data-bbox="1176 913 1202 936">Yes</p>
<p data-bbox="111 988 515 1038">Does not transfer data. Physicians view the dashboard data from the family's phone during visits.</p>	<p data-bbox="666 1000 837 1023">Does not transfer data.</p>	<p data-bbox="994 988 1392 1038">Data entered by patient is shared with the HCP via an HCP dashboard called Pear.Md.</p>
<p data-bbox="111 1147 515 1220">Sleep efficiency, sleep distress scale, total sleep time, sleep onset latency, wake after sleep onset (averages and nightly data); graphed progress.</p>	<p data-bbox="737 1172 763 1195">N/A</p>	<p data-bbox="987 1123 1400 1245">Patient's progress in the program; sleep window (assigned bedtime to arising time); sleep efficiency; Insomnia Severity Index; Patient Health Questionnaire-8; sleep onset latency; Wake after sleep onset.</p>
<p data-bbox="293 1315 334 1338">2020</p>	<p data-bbox="731 1315 769 1338">2015</p>	<p data-bbox="1170 1315 1211 1338">2020</p>
<p data-bbox="111 1369 515 1442">Yes. Special launch pricing: App access: \$39 (typically \$49); video coaching with doctoral expert: \$59 for 30-min (typically \$99)</p>	<p data-bbox="712 1394 792 1417">Yes. \$9.99</p>	<p data-bbox="1155 1394 1235 1417">Yes. \$900</p>
<p data-bbox="254 1473 370 1495">No (in progress)</p>	<p data-bbox="742 1473 768 1495">No</p>	<p data-bbox="1176 1473 1202 1495">Yes</p>
<p data-bbox="293 1566 331 1589">None</p>	<p data-bbox="731 1566 769 1589">None</p>	<p data-bbox="1124 1566 1256 1589">None (in progress)</p>
<p data-bbox="263 1659 361 1682">Not approved</p>	<p data-bbox="701 1659 799 1682">Not approved</p>	<p data-bbox="1075 1659 1309 1682">FDA-authorized medical device</p>
<p data-bbox="117 1721 508 1744">Internet connection required (no specific bandwidth).</p>	<p data-bbox="580 1711 928 1759">Internet not required for use (required for initial download and account creation).</p>	<p data-bbox="994 1721 1389 1744">Internet connection required (no specific bandwidth).</p>
<p data-bbox="288 1781 335 1804">English</p>	<p data-bbox="727 1781 774 1804">English</p>	<p data-bbox="1165 1781 1212 1804">English</p>
<p data-bbox="223 1875 400 1897">Pilot manuscript pending.</p>	<p data-bbox="571 1852 934 1926">Harbison BR, et al. Evaluation of a CBT-I self-help program administered by a mobile app. <i>Sleep</i>. April 2018;41(suppl_1):A155.</p>	<p data-bbox="994 1839 1389 1937">Ritterband LM, et al. Effect of a web-based cognitive behavior therapy for insomnia intervention with 1-year follow-up: a randomized clinical trial. <i>JAMA Psychiatry</i>. 2017;74(1):68-75. ●</p>