DIGITAL COGNITIVE BEHAVIORAL THERAPY FOR INSOMNIA (CBT-I)

Company		BetterNight	Big Health
Program		BetterNight Insomnia	Sleepio
Website		betternight.com	sleepio.com
Description		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.
Distribution Platforms		iPhone App, Google Play App	Internet Browser, Tablet, iPhone App, Google Play App
Sold to	Physicians	Yes	No
	Patients	Yes	No
	Health Systems	Yes	Yes
	Corporations	Yes	Yes
Data Transmittal		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.
Available Reports for Physician		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.
Launch Year		2018	2012
Payment Options	Cash Pay	Yes	N/A (available through employers)
	FSA/HSA Eligible	Yes	N/A (available through employers)
	Insurance Coverage	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
FDA Status		Not approved	Not approved
Internet Requirement for Patients		Internet connection required.	To access the full range of features: broadband internet connection (desktop computer) or 3G and above (mobile).
Languages		English	English
Supporting Study		Munafo D et al. Sleep deprivation and the workplace: Prevalence, impact, and solutions. *Am J Health Promotion.* 2018;32(7):1644-6.	Visit www.bighealth.com/outcomes for peer-reviewed research.

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 to be considered for the next update.*

DrLullaby LLC	Mindware Consulting Inc	Pear Therapeutics
DrLullaby	Night Owl - Sleep Coach	SOMRYST
drlullaby.com	nightowl.mobi	somryst.com
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.	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.	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.
iPhone App (Google Play coming soon)	iPhone App, Google Play App	iPhone App, Google Play App
Not directly; physicians refer patients	Yes	Yes
Yes	Yes	Yes
Not yet; hope to soon	Yes	Yes
Not yet; hope to soon	Yes	Yes
Does not transfer data. Physicians view the dashboard data from the family's phone during visits.	Does not transfer data.	Data entered by patient is shared with the HCP via an HCP dashboard called Pear.Md.
Sleep efficiency, sleep distress scale, total sleep time, sleep onset latency, wake after sleep onset (averages and nightly data); graphed progress.	N/A	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.
2020	2015	2020
Yes. Special launch pricing: App access: $39 (typically $49); video coaching with doctoral expert: $59 for 30-min (typically $99)	Yes. $9.99	Yes. $900
No (in progress)	No	Yes
None	None	None (in progress)
Not approved	Not approved	FDA-authorized medical device
Internet connection required (no specific bandwidth).	Internet not required for use (required for initial download and account creation).	Internet connection required (no specific bandwidth).
English	English	English
Pilot manuscript pending.	Harbison BR, et al. Evaluation of a CBT-I self-help program administered by a mobile app. *Sleep*. April 2018;41(suppl_1):A155.	Ritterband LM, et al. Effect of a web-based cognitive behavior therapy for insomnia intervention with 1-year follow-up: a randomized clinical trial. *JAMA Psychiatry*. 2017;74(1):68-75. ●