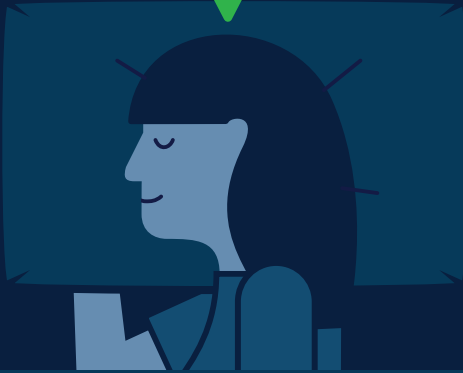


SLEEP SCORE

9.4

SLEEP SCORE

2.2



What's your Sleep Score?

Discover your Sleep Score and how to improve it
www.sleepio.com/goodthinking

Sleepio

What's your Sleep Score?

Whether you struggle to get a wink or sleep like a log, sleep impacts every area of your life, from your energy to your appetite.

Sleepio teaches you techniques to tackle the racing mind, and to help re-set your natural sleep pattern, without relying on pills or potions.

The first step is to discover your Sleep Score. Take the quick online test now: www.sleepio.com/goodthinking

It takes less than a minute, and you will get a personalised sleep report.

If you need more help to improve your sleep you can then sign up to Sleepio's scientifically-proven online sleep improvement programme.

Sleepio access is provided by London's NHS Digital Mental Wellbeing Service www.good-thinking.uk.

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