



# Go! to Sleep<sup>SM</sup>

A CLEVELAND CLINIC WELLNESS ONLINE PROGRAM

## What is Go! to Sleep?

Go! to Sleep is an interactive online program developed by specialists in Cleveland Clinic's Wellness Institute and Sleep Disorders Center. The program's proven methods help patients improve their sleep from the comfort and privacy of their homes.

Go! to Sleep follows treatment plans used in top sleep clinics. A recent study at the University of Manitoba in Winnipeg, Canada, found that 81 percent of patients who completed a similar online program for insomnia reported improved sleep patterns.

## Which patients should be considered for Go! to Sleep?

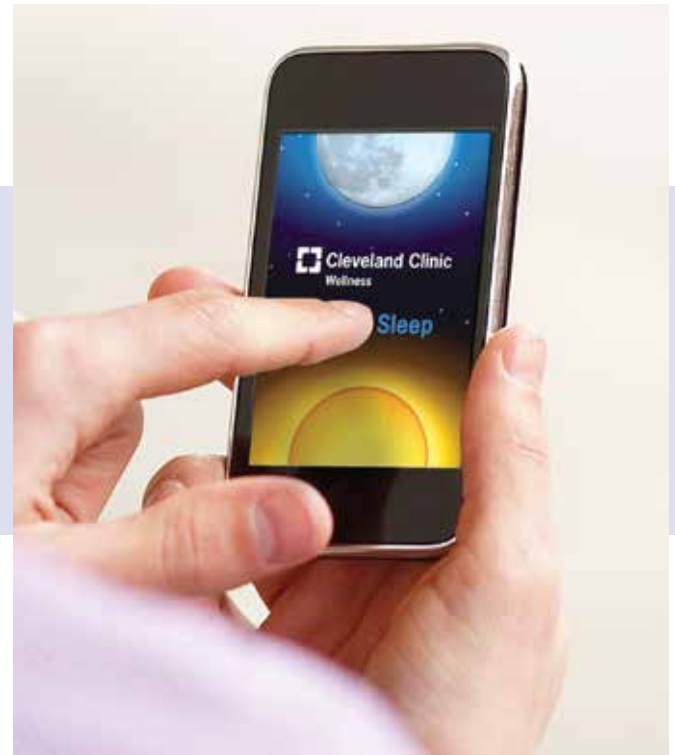
Our Go! to Sleep program is designed to help:

- Patients experiencing short-term insomnia (over the past one to six months)

- Individuals with episodic insomnia that intensifies during times of stress
- People who prefer non-pharmacological treatment for sleep issues
- Individuals who use sleep medications occasionally but are interested in techniques likely to help them sleep better without medication
- Patients with ongoing insomnia (for six months or more) who have yet to adopt sleep-friendly lifestyle habits and consistent sleep patterns

Note: Go! to Sleep is not recommended for patients who take prescription sleep medications on a nightly basis or for patients with severe chronic insomnia. Patients with these sleep problems are better suited for treatment in a multidisciplinary sleep center with a behavioral sleep medicine specialist.

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### What does the program include?

Go! to Sleep provides six weeks' worth of effective sleep therapy without leaving home. Participants will receive:

- An online sleep log to help determine their daily sleep score and daily recommendations to improve their sleep
- Activities to help them sleep better
- Daily emails from the program coach
- Daily articles to help them get the most from the program
- Personal progress charts
- Six specially crafted relaxation practices
- Motivational tips
- A mobile app for easy sleep-tracking

### How does Go! to Sleep work?

The program explains the basic science of sleep and why certain behaviors are detrimental to sleep. Activities, articles, tips and progress charts reinforce participants' learning to help them get the sleep they need. Each day, participants complete an online sleep log that calculates a daily sleep score. They receive individualized feedback and sleep improvement recommendations based on their log and score. Throughout the program, they gain access to six effective relaxation practices and other strategies designed to improve stress management and sleep.

For further information, visit [ClevelandClinicWellness.com/sleep](https://ClevelandClinicWellness.com/sleep).

