

# PHILIPS

## Better Sleep Program

### SmartSleep

Retrain your sleep

30-day money back guarantee

75% reported better sleep<sup>1</sup>

Personalized to your needs

HH1700/00



## Reclaim your sleep. Reclaim your life.

Philips SmartSleep Better Sleep Program is designed to help you retrain your sleep habits for sustainable results. Using a CBT app and offline journal, the program helps empower you to fall asleep faster or sleep more soundly.<sup>1</sup>

### Personalized experience

- The Philips SmartSleep Better Sleep Program
- How does the program work?
- Rooted in the principles of clinical CBT
- Personalized challenges and tracking
- A commitment to better sleep

### Easy to experience

- What to expect?

### 30 day moneyback

- Money back guarantee

# Highlights

## Money back guarantee

The Philips Store offers a 30 day hassle-free return policy. If you are not fully satisfied a Philips SmartSleep product within 30 days, you may contact 1-866-309-3263 for a full refund. <https://philips.com/a-w/terms-of-use.html>

## What's in the box?

Your box includes a unique card with a redemption code for your pre-paid access to the mobile app. Follow the instructions on the card to access the Better Sleep Program, powered by Sleeprate. Along with the app, you will have a personal sleep journal to help you stay engaged. To enhance your experience, you can link your personal tracker to the program. Activity tracker is not included.

## A Philips & Sleeprate program

Think of the program as a personal trainer for your sleep. A personalized, behavior-changing program will take between 4 and 12 weeks to complete. At the end, your sleep will be in shape, and you will fall asleep faster or sleep more soundly. If you're committed to making it work, you'll get the life-changing results you're looking for without the use of medications or supplements.

## The app and the journal

In order to build sustainable behavior change, the Better Sleep Program guides you through a series of challenges designed to fix your particular problem and build the confidence needed to reclaim your sleep. Through continuous tracking and assessment, the app adapts itself to your ongoing needs. The journal coaches you with insights and support, keeps you on track, and helps build confidence throughout your sleep journey.

## Change behavior

CBT (Cognitive Behavior Therapy) is a proven set of techniques that help retrain you on how to sleep while correcting bad habits that may get in the way of achieving a good night's sleep. The American College of Physicians recommends it as a first line intervention for people who have had trouble falling or staying asleep for at least one month.<sup>2</sup>

## Personalized program

The first week will be your "assessment week", when your sleep is evaluated to determine the root causes, and the first steps to address them. There are no pre-defined program tracks. Each week's sleep "challenge" is based on your progress the week before. During the assessment week is when the sleep journal is most important to your experience and should be filled in each day in addition to the in-app questionnaires. Through each week, the app and journal work together to guide you along the way for sustainable results.

## 4 to 12-week program

The program could last between 4 and 12 weeks, depending on your progress in each "challenge". These tasks are designed to be challenging and require commitment to complete. This is changing habits, which is not easy. Using the app, together with the journal, will help you reflect on your progress and stay focused each week. Once you have completed the program, you will maintain access to the maintenance modules and support material through the end of your 1-year access to help you stay on track.

## Product Details

**Journal Dimensions:** 6 x 5.2 x 0.2 inches

**Journal Weight:** 1 oz

**Compatibility:** Android, iOS. Please check your compatibility before purchase.

## Package contents

**Include:** App Redemption card with code, Clinician-authored sleep journal with program guide

# Specifications



\* 1. Users who reported trouble sleeping prior to the program

\* 2. <https://www.sleepfoundation.org/sleep-news/cognitive-behavioral-therapy-insomnia>