



Daylight's digital anxiety improvement programme can help you control feelings of worry and anxiety, using proven evidence-based techniques. To use Daylight:

1. Visit www.trydaylight.com/nhs to take our short quiz and create a free account.
2. Follow the prompt to download the "Daylight – Worry Less" mobile app from the Apple App Store or Google Play Store.
3. Answer questions to tailor the programme and unlock a series of personalised exercises (10-15 min each) based on cognitive and behavioral techniques for worry and anxiety.

Sleepio's online sleep improvement programme can help you get to the root of stubborn sleep, using proven evidence-based techniques. Sleepio's online sleep improvement programme can help you get to the root of stubborn sleep, using proven evidence-based techniques.

Sign up and access on a laptop or mobile device.

1. Visit www.sleepio.com/nhs and complete the 2-minute sleep test.
2. Receive a report of your Sleep Score, with a personalised sleep tip you can try right away.
3. Begin Session 1 of the full Sleepio sleep improvement programme, tailored to your specific sleep difficulties, and explore a range of expert sleep guides and the Sleepio peer community.