# daylight

## What is Daylight?

Daylight is a digital programme that helps you understand where anxiety comes from, what makes it worse, and how to reduce it for good. In just 10 minutes per day, Daylight teaches you effective techniques to help take back control from feelings of worry and anxiety — all from the privacy of your own phone, **at no cost**. Tens of thousands of people have used Daylight in the UK.

### Hear from a Daylight user

"I have found it really helpful to challenge my thoughts and reduce my anxiety. It is a tool that I can turn to when I am feeling particularly stressed but I also know it helps keep any stress and anxiety at lower levels if I use it regularly."

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# Sleepio

## What is Sleepio?

Sleepio is a digital programme that helps you understand why sleepless nights happen, what makes them worse, and how to reduce them for good. Through six weekly 20-minute sessions, Sleepio teaches you effective techniques to get better sleep and have better days — all from the privacy of your own phone, at **no cost**. Over 150,000 people have used Sleepio in the UK.

### Hear from a Sleepio user

"It wasn't easy, but it was simple; and I now feel I can use what it taught me anytime the problem comes back. It made every little thing about being sleepless just a little more manageable and really helped — it was slow going at first but I was genuinely amazed by the results by the end of the schedule."

*Full Sleepio features are available via web browser*