



Moving beyond medication to treat insomnia and anxiety

How Big Health is helping millions back to better mental health through tailored, non-drug treatments

We all know the numbers:

106 million US adults have insomnia, anxiety or both¹

- 56% receive no treatment²
- 37% live in a mental health provider shortage area³
- 25% report unmet treatment needs²

Despite this awareness the mental health crisis in America is intensifying. As social dynamics like the pandemic push prevalence rates up, the number of trained mental health providers continues to stagnate. Physicians desperate to help their patients are left with few options and often rely solely on medication, despite concerns about overuse and physical dependence.⁴ We can and must do better. This is the driving force behind Big Health, the determination to ensure every person receives the mental health care they need regardless of gender identity, ethnicity and socioeconomic status.

Sleepio for insomnia disorder and Daylight for generalized anxiety disorder are clinical-grade cognitive behavioral therapy (CBT) treatments delivered through a proprietary formulation developed by world-leading experts. Our treatments enable those suffering from these common conditions to access guideline-recommended CBT treatment without delay. By delivering consumer-loved⁵ therapy, our clients are caring for their populations in all the right ways: reducing their healthcare costs, improving their health status and lowering their risk of adverse events from drug-drug interactions.

Developed on a bedrock of clinical rigor, our digital treatments have been proven to be highly effective with very low risk across numerous clinical studies and real-world results.^{6,7} Charged on a per-use basis, our partnerships with pharmacy benefit managers enables our clients to see results within a single quarter.

Let's partner to provide your employees with a safe, effective and tailored treatment option. Reach out to our sales team to learn how you can flip the script on the mental health crisis.

Sleepio

Sleepio indications for use and general warnings and precautions are found at sleepio.com/suitable

daylight

Daylight indications for use and general warnings and precautions are found at trydaylight.com/suitable

Sleepio and Daylight are available as an adjunct to usual medical care for insomnia disorder or generalized anxiety disorder, respectively, for adults ages 18 and older, without FDA review under their COVID-19 policy.