

Sleepfit, the innovative adult sleep solution

Want healthier and higher performing employees? Sleep is the answer! Sleepfit is the evidence-based digital sleep solution that uses science and the knowledge of sleep experts to boost employee productivity and reduce your healthcare costs.

Financial and human costs of poor sleep

Sleep deprivation is a world wide epidemic. The combined effects of inadequate sleep and sleep disorders impacts 40% of the workforce and cost US companies \$136 billion in lost productivity every year.

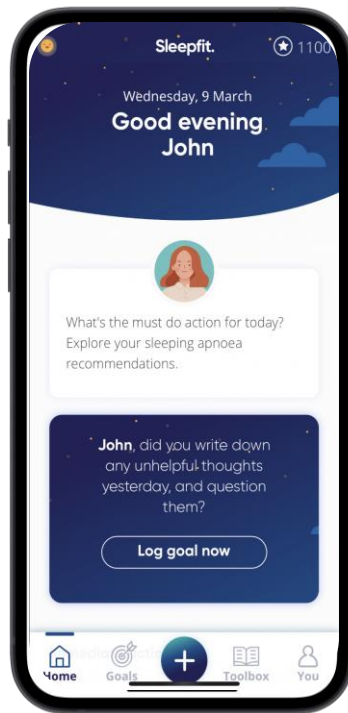
How poor sleep is affecting your employees

Sleep risks and sleep disorders are prevalent in all industries and companies. For every 1,000 employees:

- 398 are affected by inadequate sleep
- 290 will make errors due to sleepiness
- 170 will miss work each month
- 200 have insomnia and a 4x higher risk of depression

Sleepfit features

Developed by leading PhD sleep specialists and wellbeing experts, Sleepfit uses globally recognized screeners to assess your employees for poor sleep behaviors and treatable sleep disorders. Sleepfit offers personalized reports and an intuitive personalized sleep program featuring rich content, treatment pathways and daily activities to kick start new sleep habits.



Sleepfit.

VP+

\$3,100

Savings when using Sleepfit to help with inadequate sleep and sleep disorders*

40%

Of adults aren't getting enough sleep**

\$136B

Cost to US companies in lost productivity every year***