


**Interrupted and disturbed
sleep are some of the most
common complaints aired
in the GP's surgery.**

Don't live with poor sleep
Do something about it today
Take 10 minutes out of your
day and visit:



Designed and validated by
Loughborough University
Sleep Research Centre
and leading UK GP's



*"I have slept poorly for years and feel exhausted.
I now know what to do about it"*

What is mysleepprogramme?

Mysleepprogramme is an online system that helps you to quickly assess your current sleep habits and then provides guidance on how to overcome any issues you have.

How does it work?

- We ask you some questions about your sleep
- We will let you know if you have anything to be concerned about
- Our experts offer ideas on how to sleep better
- You then follow a personal sleep programme.

Dr Les Smith, GP says:

"Poor sleep places you at high risk for Heart Disease, Depression, and many major illnesses. It affects energy, relationships and general wellbeing. This programme is a valuable first step for anyone who has a sleep problem."

Join NOW

Follow these three steps

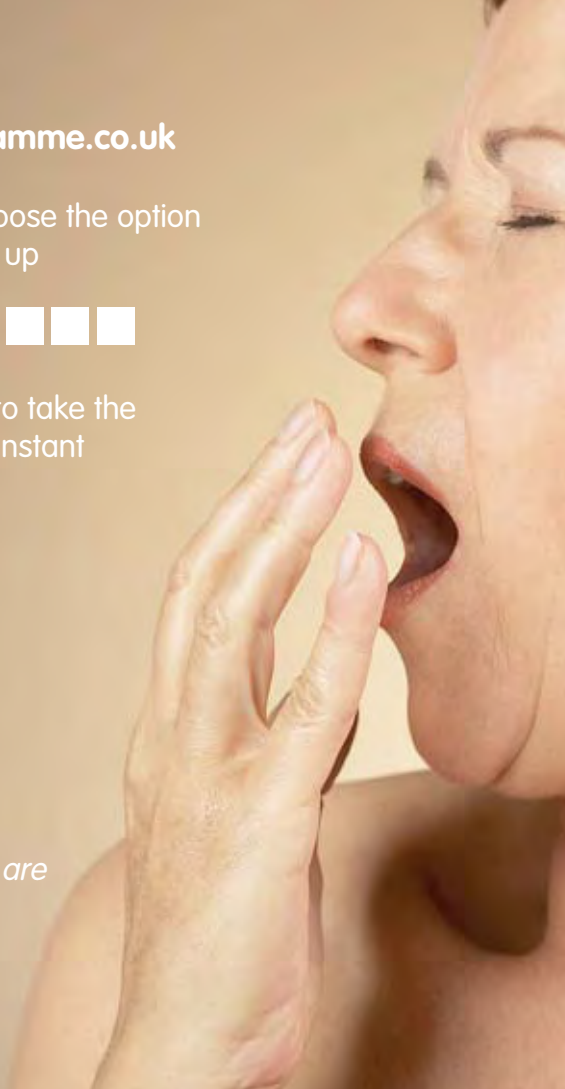
1 Go to: www.mysleepprogramme.co.uk

2 Click on Sign up link, then choose the option for company/organisation sign up

3 Enter this pin into the link

It will take you 8 to 10 minutes to take the assessment and you will have instant access to your Sleep Report and Programme.

20% of all motorway accidents are sleep related and your risk increases if you suffer from daytime sleepiness.



"I thought my daytime sleepiness was normal. The programme told me I had a real problem, pointed me in the direction for treatment and I now sleep well. Thanks"



Confidentiality

We are bound by Data Protection and Medical Confidentiality. We will not release your details to 3rd parties or disclose your report with anyone. We will however use your data anonymously to provide research information.