Innovative eHealth Solutions Award

Award #1: Individuals, academic institutions, corporations, or NGOs
Award #2: Government authorities

Award Criteria- This Award recognizes Individuals, healthcare institutions, academic institutions, corporations, NGOs or governments that have made remarkable and successful efforts at utilizing ICTs as a tool to promote health and health care such as telehealth, mHealth (mobile health), eHealth or through eLearning, electronic health records, big data, legal frameworks, or social media. Solutions utilized may range from provision of information to keep citizens healthy, to support for public health in communities, care and support systems in health facilities, and from all the above the data needed to inform management and policymakers.

This award also recognizes any companies, individuals, NGOs or other entities who successfully develop or utilize information and communications technology, artificial intelligence, big data or other innovative technologies in the fight against COVID-19. Examples of solutions include vaccine distribution/logistics, vaccine digital certification or other telehealth apps, as well as technologies and solutions which enable productive and safe workspace in the "new normal".

YOUR NOMINEES (limit three nominations per award category). *Please specify whether the nominee(s) are for the private or public sector category*.

- Sleepio

REASONS FOR NOMINATION (NOTE: It is important that you make a detailed description of the nominee and why you think the nomination is justified. The absence of a detailed summary of qualifications as they *relate* to the above-mentioned award description will make it difficult for the awards committee to make an appropriate assessment of the candidate):

- **Sleepio** is a digital therapeutic intended for the improvement of poor sleep and the management of Insomnia Disorder in adults aged 18 years and older, as an adjunct to their usual medical care. Sleepio is a fully automated digital sleep improvement program based on CBT. Over the course of six sessions, a virtual sleep expert -- The Prof -- will teach you evidence-based cognitive and behavioral skills to tackle even the most stubborn of sleep problems. Each session is fully automated, yet the content is tailored to your particular problems based on your answers from the onboarding questions completed prior to starting the program. The program also adapts based on your week-to-week progress in improving your sleep and the choices you make during the sessions. Although suggestions are made throughout the program, you are ultimately in control of what techniques you put into practice and how, and it's your responsibility to decide how best to apply the therapeutic content. Think of it as a serious computer game - one that helps you learn how to sleep better.

SUPPORTING INFORMATION: Please send any supporting information to the address above, including information from candidate (i.e. excerpt from program description, web site print-out, press release, etc.)

- Sleepio
  - **Sleepio website**
  - **Sleepio app for insomnia backed by NICE**

NOMINEE CONTACT INFORMATION (for award follow up and coordination)

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