



sleep reset

Provider Guide

Sleep Reset Overview


Sleep Reset is a digital sleep program designed to help patients improve chronic insomnia using Cognitive Behavioral Therapy for Insomnia (CBT-I), the gold-standard, first-line treatment for insomnia.

The program combines:

- Evidence-based, personalized CBT-I delivered digitally
- Human sleep coaching (1:1, in-app messaging)
- Daily sleep lessons and guidance via mobile app
- Sleep tracking and progress monitoring

Sleep Reset helps patients improve sleep quality, reduce nighttime awakenings, and build sustainable sleep habits.

Sleep Reset vs Traditional CBT-I Therapist

Feature	 sleep reset	In-person CBT-I Therapist
Time to Start Care	✓ Instant access	✗ Several months (based on local availability)
Flexibility and Convenience	✓ On-demand from home	✗ Requires scheduled visits and commuting
Adherence	✓ High (90%)	⚠ Moderate (~50%)
Patient Experience	✓ Daily structured modules + coaching	✗ Intermittent visits
1:1 Human Sleep Coaching	✓ Yes	✓ Yes
Clinical Validation	✓ Peer-reviewed studies, RCTs	✓
Typical Patient OOP Cost	✓ <\$300	✗ \$2,500+ (typically ~\$300 per session)



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Clinical Research

The following are links to independently published, peer-reviewed studies on Sleep Reset's outcomes:

- [Improvement in sleep duration and sleep quality](#): Patients gained ~1.5 additional hours of sleep per night and reduced time to fall asleep by ~50%.
- [Reductions in medication usage](#): For patients on sleeping medications (e.g. Ambien, Trazodone), 71% were able to reduce use substantially or completely wean off.

Best Fit For:

- Chronic insomnia (>3 months)
- Difficulty falling asleep
- Difficulty staying asleep
- Early morning awakenings
- Stress- or anxiety-related sleep disruption

Sleep Reset may be especially helpful for patients who:

- Prefer non-medication approaches
- Want structured support outside of clinic visits
- Need ongoing accountability and coaching

How Referrals Work:

1. Submit the provider referral form: www.thesleepreset.com/provider-referral-form
2. Sleep Reset contacts the patient via their preferred contact method
3. Patient receives enrollment support and onboarding
4. Provider receives updates on patient enrollment and progress

Patients referred through providers receive:

- Free 2-week trial
- Discounted pricing (typically 30–50% off standard pricing)

Frequently Asked Questions

How much does Sleep Reset cost patients?



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Patients referred by providers through our online form receive a 2-week free trial and then discounted pricing (typically 30-50% off) for our CBT-I program. Currently, the discounted rate is \$197 per month if they choose to continue after the trial.

Is Sleep Reset covered by insurance?

The core Sleep Reset digital CBT-I program is generally not insurance-covered today.

However, referred patients receive discounted pricing through the provider referral program. Certain additional services, such as clinician visits, may have separate coverage options depending on eligibility.

How long does the program last?

Patients begin with a free 2-week trial and can continue with ongoing support based on their needs and goals. The total program length varies based on patients' sleep improvement. Some patients use our program for 4 weeks while others continue for up to 16 weeks.

Is Sleep Reset traditional therapy with a psychologist?

No. Sleep Reset is not traditional weekly psychotherapy or 1:1 therapy with a psychologist.

Instead, it provides structured CBT-I through a digital platform with personalized coaching and support.

Do patients need a prescription?

No. Patients do not need a prescription to participate and can enroll directly after referral.

How quickly are patients contacted?

Patients are typically contacted within 1 business day via their preferred contact method (email, phone, or SMS).