



sleep reset

Provider Conversation Guide

Many providers ask what they should tell patients when introducing Sleep Reset. Here are a few simple talking points:

- Sleep Reset is a clinically proven digital sleep program designed to help people with chronic insomnia.
- It is based on Cognitive Behavioral Therapy for Insomnia (CBT-I) — the gold-standard, medication-free treatment for chronic insomnia.
- Sleep Reset's program includes:
 - A dedicated human sleep coach who you can message anytime
 - Short structured daily lessons
 - Sleep tracking
 - Personalized sleep compression schedules
- Once I submit your referral, you'll receive an email or text with instructions to get started. The Sleep Reset team will walk you through the program and answer any questions.
- You'll receive a special free 2-week trial plus discounted pricing.
- Most patients begin noticing improvements within the first few weeks and complete the program in 1–2 months, although some continue longer depending on their goals.