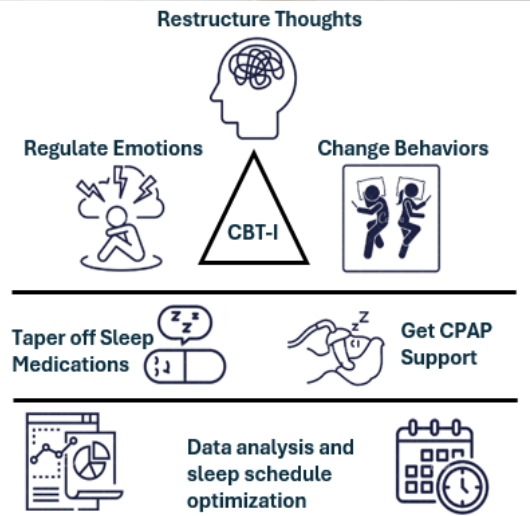


# DrLullaby

## Take Control of your Sleep Today!

Insurance-covered, research-backed sleep treatment. We use Cognitive Behavioral Treatment for Insomnia (CBT-I) which carries a 70-80% success rate for those who stick to it.



## DRLULLABY'S PROGRAM

### TELEHEALTH SESSIONS

#### Research-backed protocols



- 1hr sessions – HIPAA compliant platform
- Insomnia, nightmares, circadian rhythm disorders, night eating syndrome, and more!

## WHAT DOES IT COST?

### INSURANCE COVERS



- Telehealth Sessions
- Remote Patient Monitoring
- Adherence Program (E-visits)

## DRLULLABY'S SLEEP DATA PORTAL

### Track and view sleep data



- Access educational resources
- Your clinician analyzes patterns to customize your plan

### Remote Patient Monitoring (RPM)



- Deeper sleep data insights
- We'll ship the device to your home
- Touchless tech collects objective data

### Adherence Program (aka E-visits)



- Securely message your clinician to improve result
- Don't wait until your next session to say what's not working

## OUT OF POCKET



- Patient responsibility payments through insurance contracts
  - Copays (Telehealth session, RPM, E-visits), Deductibles, and Coinsurance.
  - No show/late cancel fee: \$100
- DrLullaby Sleep Data Portal
  - Covered by FSA/HSA
  - \$19.97/month OR \$179.97/year

## SCHEDULE ONLINE

[www.drLullaby.com](http://www.drLullaby.com)

**"Schedule Now"**

Text us any questions

844-475-3379

(844-4SLEEPY)



**Take Control of your Sleep Today!**

# SLEEP RECOVERY TIMELINE

	SYMPTOM REDUCTION	MAINTENANCE	HEALTHY SLEEP LIVING
Months 1-3	Core sessions of your customized CBT-I protocol	Clinician support and tech engagement to prevent relapse.	Month 6 + Like diet and exercise, healthy sleep becomes part of healthy living.
	<i>Weekly or bi-weekly Telehealth sessions</i>	<i>Monthly or bi-Monthly Telehealth sessions</i>	<i>As needed Telehealth sessions and messaging</i>

## WHY PROCEED WITH THIS REFERRAL?

DrLullaby’s clinicians specialize in treating insomnia - including cases with unique needs, complex medical problems, and severe symptoms. They utilize Cognitive Behavioral Treatment for Insomnia (CBT-I), which the American Academy of Sleep Medicine and the American College of Physicians, recommend as the first-line treatment for your challenges.

CBT-I includes behavioral interventions - well-beyond sleep hygiene - not just turning off your screens and stopping coffee early in the day! They teach strategies to get better control over thoughts and emotions keeping you awake and identify behavior patterns interfering with your sleep.

DrLullaby assigns you a sleep schedule based on data kept during treatment, and collaborating with you on your preferences. Through your clinicians' analysis of your sleep data tracked, they'll be able to help support decreased insomnia. They can take you through sleep medication tapering, and support CPAP use for those where it's helpful or wanted. They use innovative, high-tech options to keep you engaged!

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**Proudly Backed by University of Chicago**

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