

Context



Sleepio, developed by Big Health, "is a digital sleep improvement program that is scientifically proven to help overcome poor sleep and thereby improve mental health."



In addition to workforce specific benefits such as a potential reduction in absenteeism and clinical time needed to perform CBT; Sleepio could result in increased Quality Adjusted Life Years (QALY) gains for patients using the platform and wider cash-releasing benefits such as a reduction in prescription costs.



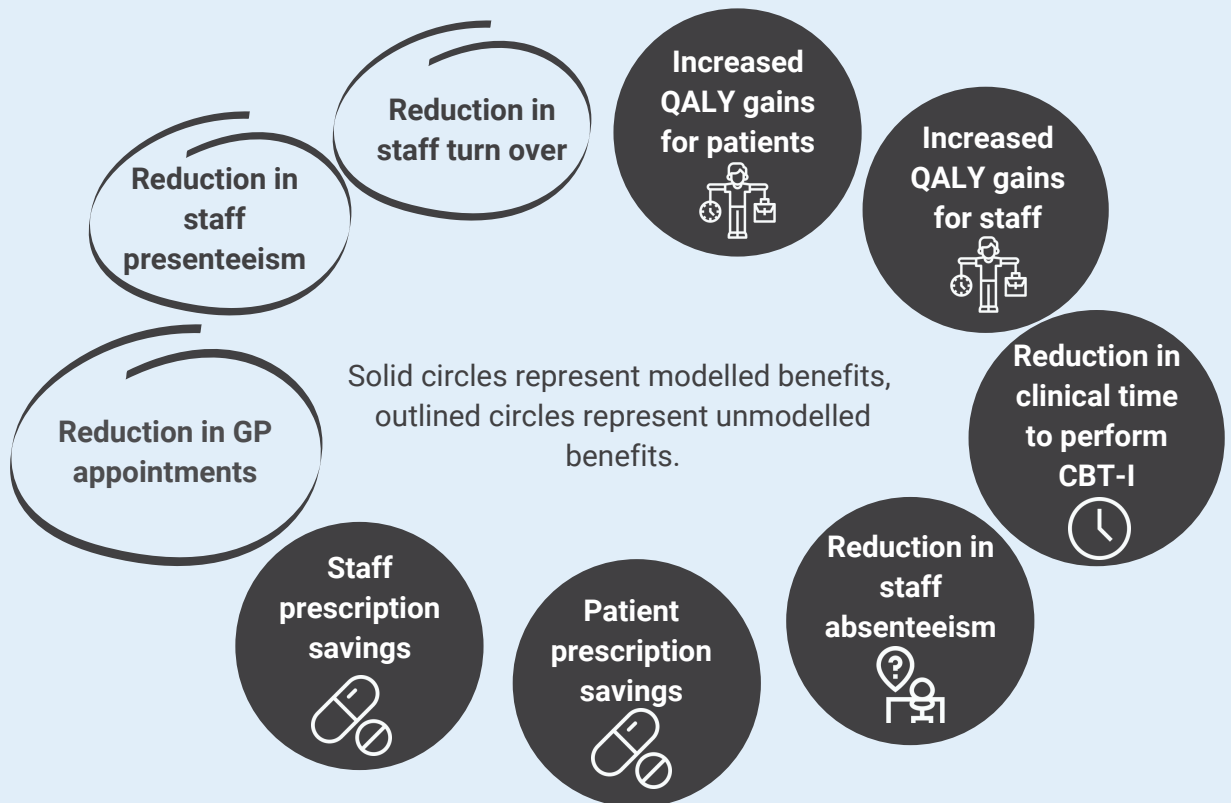
A high-level impact analysis was conducted with the aim of assessing potential in-year net benefits of Sleepio across Kent Surrey Sussex (KSS), Oxford and Wessex (April 2020 to April 2021). This is a retrospective analysis and does not constitute a full health economic model but provides indicative findings. The KSS, Oxford and Wessex AHSN results, combined, have been detailed below.



"I do feel it is really helping with my sleep. I realise it's a long-term commitment and I'll continue to persevere and hopefully improve my sleep further."

Female, 41 years old (Oxford AHSN, 2020, p. 30)

Sleepio potential benefits



High level outcomes

£2.5m

Net benefits¹



£156

Net benefit per patient



£167

Net benefit per staff member



2.97

Indicative benefit cost ratio



Indicative benefits

Reduction in clinical time to perform CBT-I

£83k

Gross benefit

Approximately 0.07 hours saved per patient

719 hours released



Increased QALY gains for staff

£713k

Gross benefit

Approximately 0.057 QALYs gained per NHS staff member

36 QALYs gained



Reduction in staff absenteeism

£53k

Gross benefit

Approximately a 56% reduction in absenteeism due to insomnia

1,619 hours saved



Staff prescription savings

£707

Gross benefit

Approximately 626 staff members no longer requiring prescriptions

626 prescriptions saved



Increased QALY gains for patients

£2.9m

Gross benefit

Approximately 0.057 QALYs gained per patient

147 QALYs gained



Patient prescription savings

£3k

Gross benefit

Approximately 2,571 patients no longer requiring prescriptions

2,571 prescriptions saved



Indicative costs

Solution usage costs (clinician) per annum

£250k

total costs

Approximately £70 per user per annum

3,100 clinicians using Sleepio

Solution usage costs (patients) per annum

£1m

total costs

Approximately £70 per user per annum

12,739 patients using Sleepio

1. Net benefits are shown in millions of pounds for April 2020 to April 2021.

2. The indicative benefit cost ratio across AHSNs illustrates that for every £1.00 invested, £2.97 could be expected in return.