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# SHUT*i*

Sleep Healthy Using the Internet

**SHUT*i* is a proven online CBT (Cognitive Behavioral Therapy) program for insomnia**

Insomnia is not something that needs to be endured.

Referenced as “the best-studied program” by Harvard Health, SHUT*i* is designed to actively help retrain your body and mind for great sleep through six engaging Cognitive Behavioral Therapy for Insomnia strategy and learning sessions. Unlike printed material, video collections, or recorded lectures, each online Core is personalized to your current sleep patterns and goals, and walks you, step-by-step, through exactly what you need to do to maximum your sleep improvements, now and for the future.

**SHUT*i* is an industry leading online CBT-I program with unsurpassed, proven results.**

[LEARN MORE](#)

SHUT*i*, which stands for Sleep Healthy Using the Internet, is a 6 to 8 week program that has been shown to improve sleep for adults with insomnia. The program uses Cognitive-Behavioral-Therapy for Insomnia (CBT-I), and according to the National Institutes of Health, should be one of the first choices for treatment for those experiencing sleep problems.

## Benefits of SHUT*i*

- Decreases severity of insomnia
- Fewer nighttime awakenings
- Less time awake after sleep onset
- Improved sleep-efficiency
- Increased energy and restfulness

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## Pricing:

As a SHUTi Clinical Partner, our patients will receive 4 additional weeks of the SHUTi program at no additional cost. Our physicians have access to follow your progress online.

Professional Version: One-time fee of \$135 for 20 weeks of access

### What's Included?

- Access to research-proven SHUTi program, including 6 interactive lessons delivered over a 6-week period.
- Online Daily Sleep Diaries
- Personalized Sleep Window recommendations each week.
- Unique engaging interactions ensure knowledge transfer, foster skills practice and test strategy application
- Sleep Improvement progress reports
- Options to integrate with FitBit™ activity and sleep tracker
- Printable reference materials to share with friends and family

If you are interested in learning more about SHUTi and determine if this program is right for you, contact us.

[Contact Us to Get Started Now!](#)

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