

# Is poor sleep or insomnia dragging you down?



## You're not alone!

Millions of Canadians struggle with poor sleep and sleep deprivation.



**40%** of Canadians experience symptoms of insomnia at least 3x per week



**1/3** of those with insomnia symptoms suffer from chronic insomnia

Poor sleep and sleep deprivation can affect your quality of life in many ways:

Reduces cognitive ability, which impairs your attention, decision-making, memory, and creativity.

Causes you to feel irritable, short-tempered and exhausted. May lead to symptoms of anxiety and depression.

Increases your safety risks. Nearly 20% of major car accidents, including fatal accidents, are the result of drowsy driving.

Increases risks of serious chronic diseases such as heart disease, type 2 diabetes, and Alzheimer's.

HALEO Clinic offers professional virtual care solutions to help prevent and treat insomnia and improve the quality of your sleep

**Sleep Optimization Program**  
mild to moderate symptoms of poor sleep

**Cognitive behavioural therapy for insomnia (CBT-I)**  
clinically significant chronic insomnia

### Getting started is as easy as 1.2.3!

- 1 Take 5 minutes to complete your free online sleep health assessment on <https://evaluation.haleoclinic.com/screener/sign-up/dorma/en-ca>
- 2 Book your free pre-clinic appointment.
- 3 Download the HALEO Clinic app on the Apple or Google Play app store.

The sleep optimization program and cognitive behavioural therapy for insomnia (CBT-I) are typically covered through eligible group benefit plans.



### About HALEO Clinic

Founded in 2015, HALEO is a virtual care sleep clinic whose mission is to provide access to professional, clinically-proven solutions for those suffering from insomnia or other sleep problems.

HALEO's clinical platform provides sleep health assessments, using clinically-validated questionnaires, as well as accessible, personalized care delivered by healthcare professionals via a mobile application. Our clinic has helped improve the health and performance of thousands of Canadians by helping them overcome their sleep problems.

