

Learning to Sleep's treatment of sleep problems is superior to equivalent treatments according to a study conducted by Sweden's largest center for medical research

Preliminary results from Karolinska Institutet's study of Learning to Sleep's digital sleep treatment program show that the treatment has a very good ability to relieve and cure sleep problems (insomnia). As many as 90.3 percent get a significant improvement in their sleep problems. In comparison to other Internet-based CBT programs for sleep problems, these results are completely superior. The effect is greater than that of treatment with sleeping pills and surpasses all equivalent treatments in Sweden.

During the beginning of 2022, Karolinska Institutet (KI) started a randomized clinical trial of Learning to Sleep's digital sleep treatment program. From the preliminary results from KI's study, it can be stated that 28 out of 31 (90.3%) received a significant improvement in their sleep. This can be compared with the results from a report compiled by the Swedish Internet Treatment Register (SibeR) which looked at improvement in participants from the CBT-I programs at the regions in Stockholm, Uppsala and Västra Götaland. In that report, it was found that only 30.2 - 50.6 percent who underwent treatment improved (assessed with the same criteria). The preliminary results from KI's study show that L2S's treatment improves almost twice as many.

Despite the fact that cognitive behavioral therapy for sleep problems (CBT-I) is the treatment with the strongest scientific support and the treatment that the National Board of Health and Welfare recommends in the first place, the most common treatment for sleep problems today is medication. According to the National Board of Health and Welfare's pharmaceutical register, approximately 870,000 individuals took out at least one prescription for sleeping pills in 2020. Despite the fact that several regions have publicly stated that they need to reduce the prescription of sleeping pills, it continues to increase, and above all continues to increase sharply among young people and children. There is an over-prescription of sleeping pills today, while there is good evidence that CBT is a much better method for treating sleep problems.

The results also show that the treatment increases the participants' quality of life. The increase in quality of life was greater than that found after a 10-week intervention with a similar setup (L2S's treatment is carried out in 5 weeks).

"The preliminary result indicates an effect size for L2S's treatment that is higher than all included studies in a previous meta-analysis of digital CBT for insomnia. A big effect size together with L2S's easily accessible digital format, in terms of it being both app-based and delivered in a way that makes it easy to access, is promising news for anyone who is troubled by insomnia. Partly because it increases availability and access to treatment of insomnia, at the same time the format

requires less work effort from the patient than more text-based methods that are common in internet-based CBT for insomnia. Important aspects that ultimately enable more people to access and utilize effective treatment for insomnia, which is important, not only for the individual, but also for the society," says Rikard Sunnhed, researcher at Karolinska Institutet.

"The results are fantastic. They show that our treatment exceeds the results that can generally be expected in the digital treatment of sleep problems. We now have clinical evidence indicating that our treatment has a very good effect on sleep problems, and that the effect is greater than what has been demonstrated in studies on similar digital treatments. We are of course very proud of this and the team at Learning to Sleep will continue to work to ensure that all people with sleep problems get the right help. For us, it is important to spread the message that CBT in the vast majority of cases is a better and safer alternative to sleeping pills," says Lina Johansson, CEO of Learning 2 Sleep AB (publ).

Contacts

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About Us

Learning to Sleep is a digital care provider specializing in the treatment of chronic sleep disorders. The treatment is a combination of a structured treatment program in a mobile application and weekly digital meetings with a psychologist. The company's treatment is based on the latest research in the field and is very successful - over 90 percent of the patients treated receive improved sleep. Sweden is the company's main market and the treatment is reimbursed by public health care.

For more information see www.learningtosleep.co.uk

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Attachments

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