

## Learning 2 Sleep obtains ORCHA certification

**After evaluation by the British certification company ORCHA, Learning 2 Sleep has become the first company in Sweden to receive their quality certification for mobile applications at level 4, which is currently of great importance in the British market and will also have a positive effect in the Nordic region in the future.**

Since 2015, ORCHA has been evaluating mobile applications in the UK on behalf of the British health authority (NHS). This has formed the basis for the British "app library," which controls which mobile applications can be prescribed by healthcare and therefore qualify for public reimbursement.

Last fall, ORCHA was commissioned by the Nordic countries to conduct a similar evaluation of apps in the Nordic region to start creating a Nordic app library - NordDEC. Learning 2 Sleep is one of the first companies to be evaluated according to this standard, and as a first step, the company's sleep treatment has received the British certification, which means that L2S is now available in the British app library. The next step is to begin work on the NordDEC certification. "We are incredibly happy that we have now taken the first step towards a Nordic certification. A quality control of the mobile applications within the healthcare area is needed, and the UK has been a pioneering country in this regard. Given our very strong results in the research study conducted by Karolinska on our treatment, the certification is further proof that our treatment is of the highest quality. Now we look forward to the next step in the process, the specific Nordic certification," says Lina Johansson, CEO of Learning 2 Sleep.

### About ORCHA

ORCHA (The Organisation for the Review of Care and Health Apps) provides the basic infrastructure to overcome the obstacles in healthcare regarding digital technology and to introduce digital health in a secure manner. The organization's technology establishes quality assurance procedures that have long been followed by other areas of medical practice.

<https://orchahealth.com>

### 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](http://www.learningtosleep.co.uk)

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## Attachments

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