

Learning to Sleep's CEO treat comedian with sleep problems on SVT

Learning 2 Sleep L2S AB (L2S), the digital healthcare provider with a proven effective CBT program for treating insomnia can now announce that its CEO, clinical psychologist Lina Johansson, participates in a new program on SVT, Sov Gott.

In the SVT program, *Sov Gott*, the public figure David Batra gets together with sleep researcher Christian Benedict and gathers four celebrities with sleep problems of varying nature. Through different approaches, they will be helped to sleep better.

Comedian Anna Mannheimer is one of the participating celebrities who suffers from sleep problems. In the program, she meets L2S's psychologist and CEO Lina Johansson. Through L2S's CBT treatment with sleep restriction, Lina will help Anna with her sleep problems.

Before the meeting with Lina, Anna tried hypnosis without success. The comedian's sleep problem turned out to require a more tough method in the form of sleep restriction. For five weeks, Anna goes through L2S's CBT treatment with the guidance and support of Lina.

"I was a little nervous because I had never tried CBT before. I was also quite critical before meeting Lina and thought: "This will never work." Like many others, I've received various sleep hygiene tips and pieces of advice in the past. Before the meeting with Lina, I was prepared to receive roughly the same advice. Instead, I was met by something that appeared difficult and suddenly I was not allowed to sleep. I got pumped by the challenge! Quite early on I noticed that the treatment was going to be tough, but almost just as fast I noticed the effect of the treatment!" says Anna Mannheimer.

"Sleep problems are common today. The Public Health Agency estimates that approximately 42% of Sweden's population experiences some form of problem with sleep. I am so happy that SVT chose to draw attention to sleep and the importance of good sleep health in this way and that they also chose to highlight CBT as a form of treatment for sleep problems. Because it is precisely CBT that the National Board of Health and Welfare recommends as a first-hand treatment for sleep difficulties." says Lina Johansson, CEO at Learning 2 Sleep.

How did Anna manage after the program, and how is she sleeping today? The episode can be seen on SVT-play now [\(here\)](#). It will also be broadcasted on SVT1 on Thursday, May 4th, at 8 p.m. A few days after the episode has been broadcasted on SVT1, L2S will release an episode of *Sömnpodden* with Anna Mannheimer. In *Sömnpodden*, the comedian meets Lina in a conversation where they discuss the outcome of the sleep restrictions and how Anna sleeps today. [Listen to the Sömnpodden here!](#)

Contacts

For more information please contact:

Lina Johansson, VD
Mobil: 0709-243193
E-post: lina@learningtosleep.se

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

The company's Certified Adviser is Eminova Fondkommission AB | +468 684 211 10 | adviser@eminova.se

Attachments

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