



vigilantes do sono

The team



CEO

Design Thinking master Poli-USP
Computer Engineering at Poli-USP



CTO

Computer Engineering at Poli-USP
Prize for best eng. student.
Double diploma in France - Paris



CPO

Doctorate in Harvard Medical School
Manager at Sleep Institute
Psychology board at ABS (Brazilian
Sleep association)

How it works

The program takes place within the Messenger application, the person can do it whenever he wants, wherever he wants and works on Android, iPhone and Desktop



Knowledge

Patient learns the main techniques of CBT-i



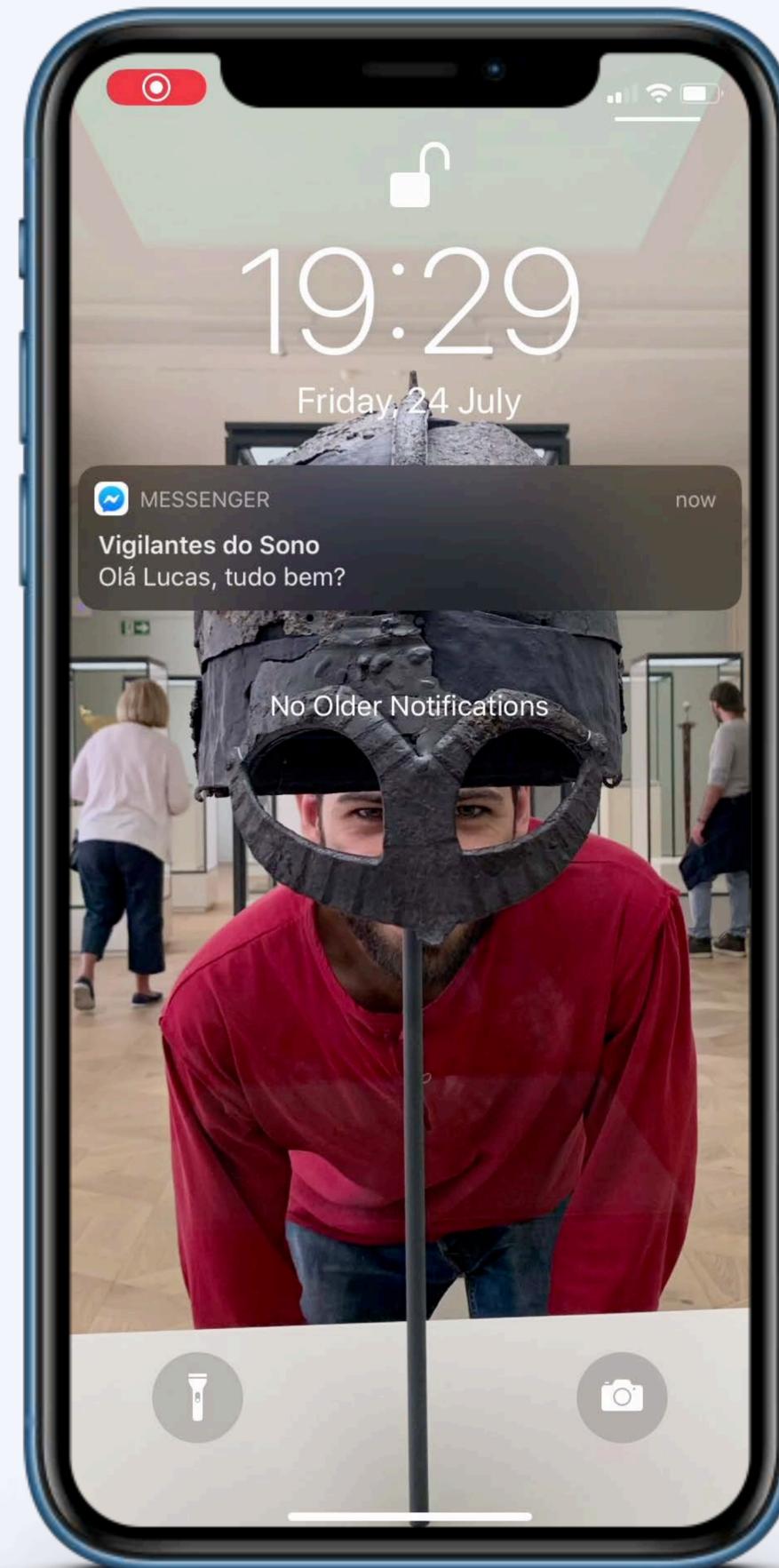
Monitoring

We monitor the patient's sleep and habits



Engagement

Daily interaction to ensure behavior change



Monitoring

Each morning the person fills in the information of the night and the day before, using a form called a sleep diary.



Sleep

We collected qualitative and quantitative sleep metrics



Habits

Evaluates habits that affect sleep (ph. activity, medicines, etc.)



Safe

Sensitive information is safe on our website.



17:52

Vigilantes do Sono

para seguir moldando a caixa de ferramentas perfeita para você!

Diário do vigilante Done

Diário do sono

Olá Lucas!

Preencha abaixo como foi seu sono.
Lembre-se: Os valores podem ser aproximados, não se preocupe em ser preciso. Uma estimativa boa o suficiente é o que precisamos aqui.

17 Dia que acordou ?

Hoje (24/07) Ontem (23/07) Anter

A que horas você foi para a cama? ?

20:14

zzz Depois, a que horas você decidiu tentar dormir? ?

03:00 (da madrugada)

🕒 Quantos tempo demorou até você dormir? ?

5 minutos

😴 Quantas vezes você acordou durante a noite (e voltou a dormir depois)? ?

Knowledge 🌙

Each night the person does sessions where he learns techniques for sleeping, guidelines for habits that help or hinder sleep, etc.



Practical

Content (+ 50 sessions) in interactions 5-10 minutes



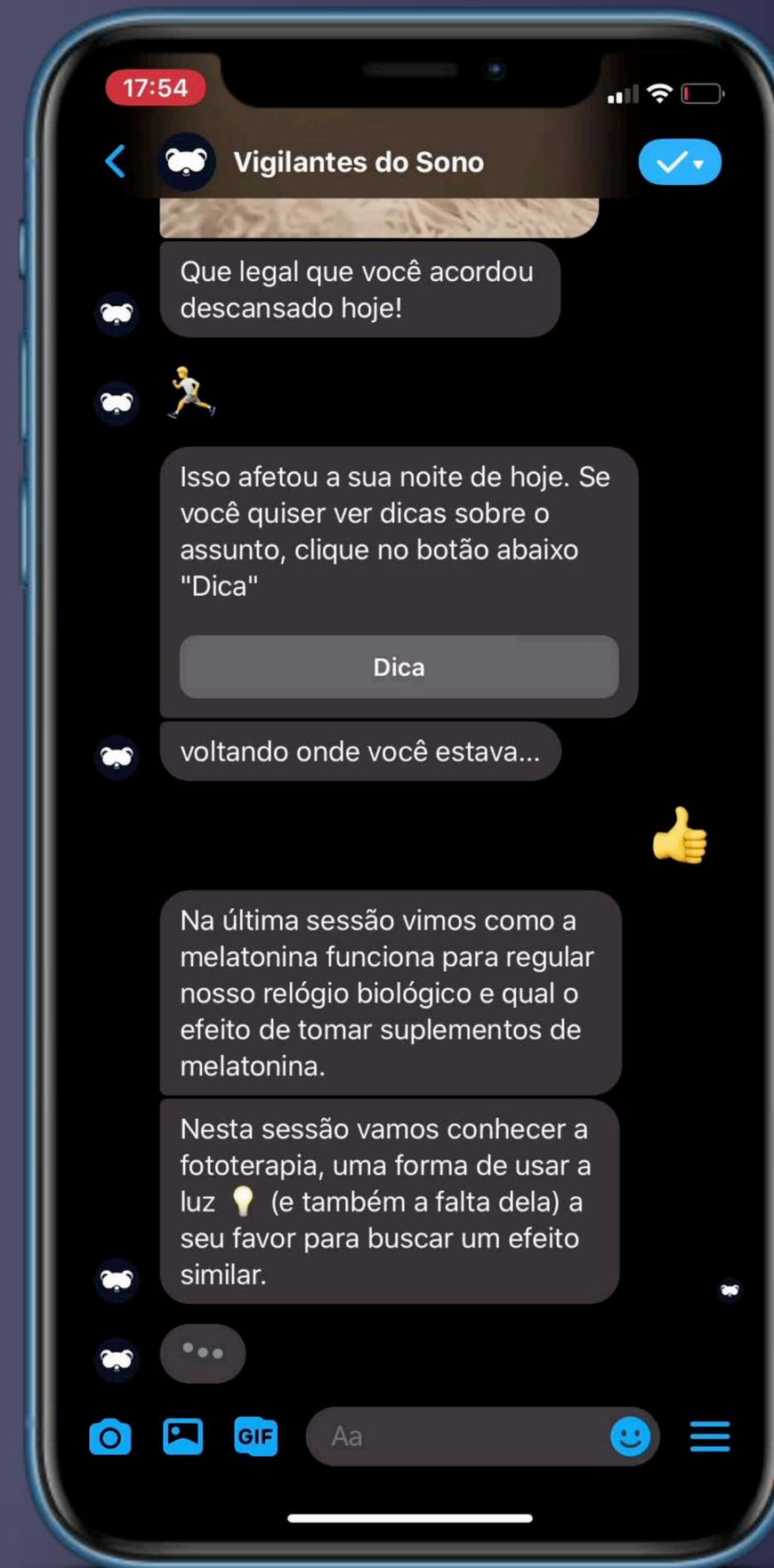
Personalised

Treatment is adjusted according to the needs of each person



Secure

Does not cause any adverse effects, such as those with pills



Treatment adherence

People on treatment may be accompanied by a doctor, psychologist or other health professional.



Panel for doctors

Doctors can monitor patients through reports



Treatment adherence

Unity is strength! We have a space for people to share experiences, and ask questions with our sleep specialists.

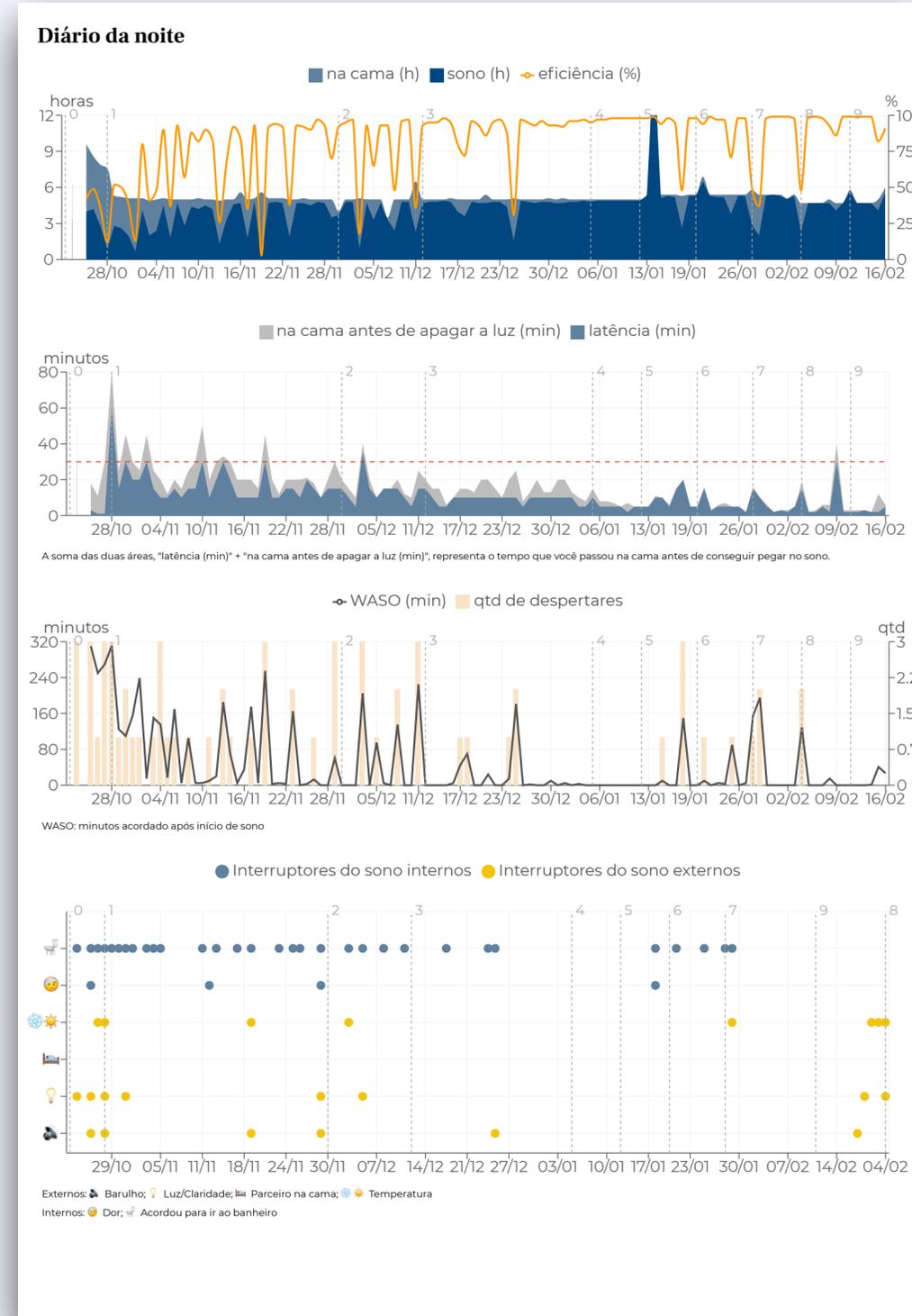
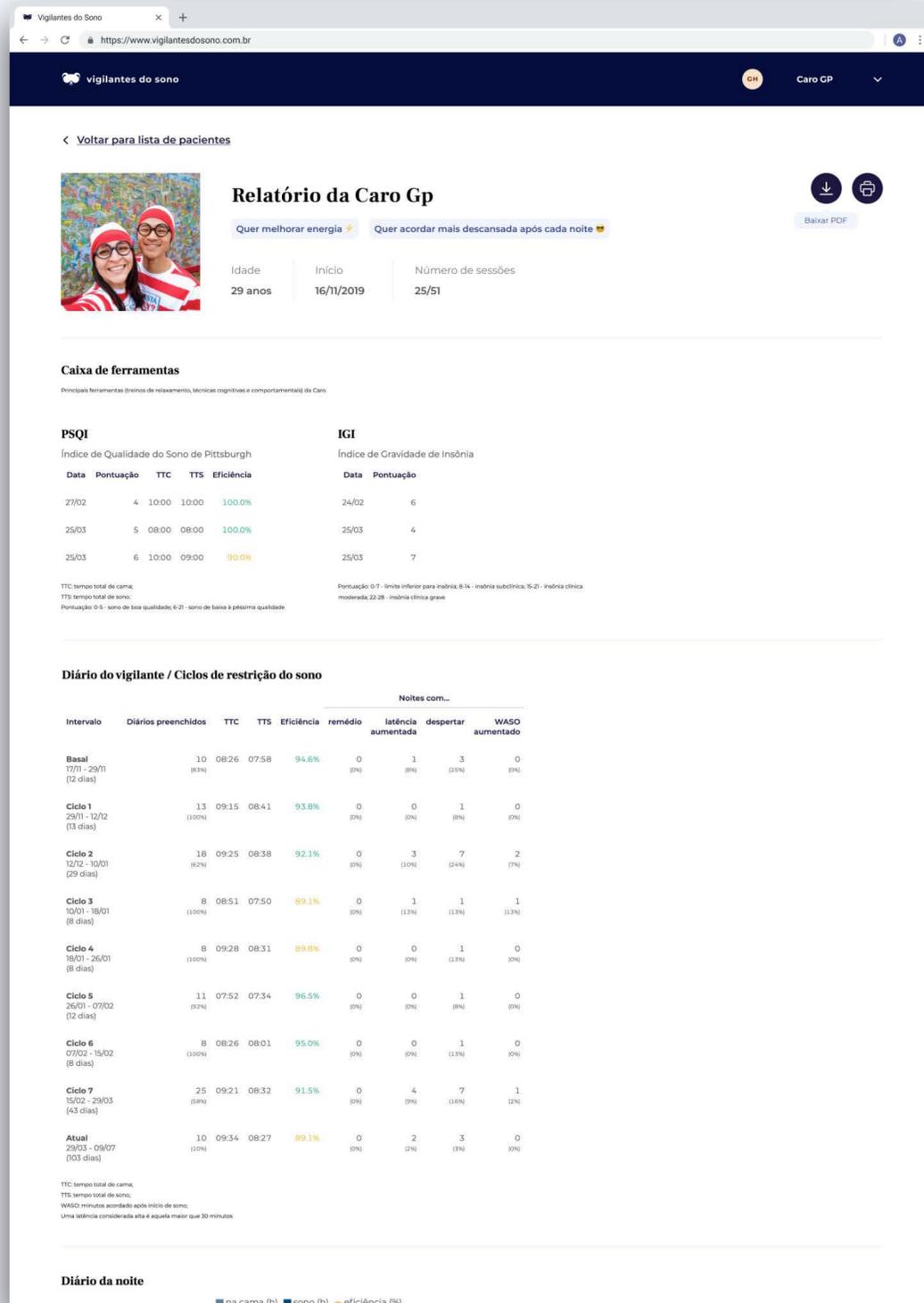


Community

People can ask questions and help each other on this journey



Evolution in treatment



Engagement & Cost

Barato

Sônia 🐻
Frequency: Daily
Cost: R\$ 6.90/week

Pouco Disponível

Doctor 👨🏻‍⚕️
Frequency: Monthly
Cost: Variable

Super acessível

Psychologist 🏠
Frequency: Weekly
Cost: R\$ 200/week

Caro

Results

	reduction in Sleep Latency	reduction in Time wake after sleep onset	increase in Total sleep time
 In-person therapy (1)	-14 min	-25 min	+40 min
 Sleepio (2)	-26 min	-48 min	+39 min
 Vigilantes do Sono	-30 min	-88 min	+79 min

(1) Riemann D, Perlis ML. The treatments of chronic insomnia: a review of benzodiazepine receptor agonists and psychological and behavioral therapies. *Sleep medicine reviews*. 2009 Jun 1;13(3):205-14.

(2) Espie CA, Kyle SD, Williams C, Ong JC, Douglas NJ, Hames P, Brown JS. A randomized, placebo-controlled trial of online cognitive behavioral therapy for chronic insomnia disorder delivered via an automated media-rich web application. *Sleep*. 2012 Jun 1;35(6):769-81.

Our numbers

210k+

Sleep hours recovered

9,59 

Satisfaction with treatment (NPS)

8.1k

Social media followers

Results

Wania,
Tinha insônia há 2 anos



“Mudou muito meu dia. Estou melhor após o tratamento”

Antes do tratamento



Após 8 semanas



Nina,
Tinha insônia há 5 anos



“Aprendi muita coisa. Hoje me sinto outra pessoa”

Antes do tratamento



Após 9 semanas



Miquelina,
Tinha insônia há 20 anos



“Dá para melhorar sem remédio, com estas técnicas”

Antes do tratamento



Após 7 semanas

