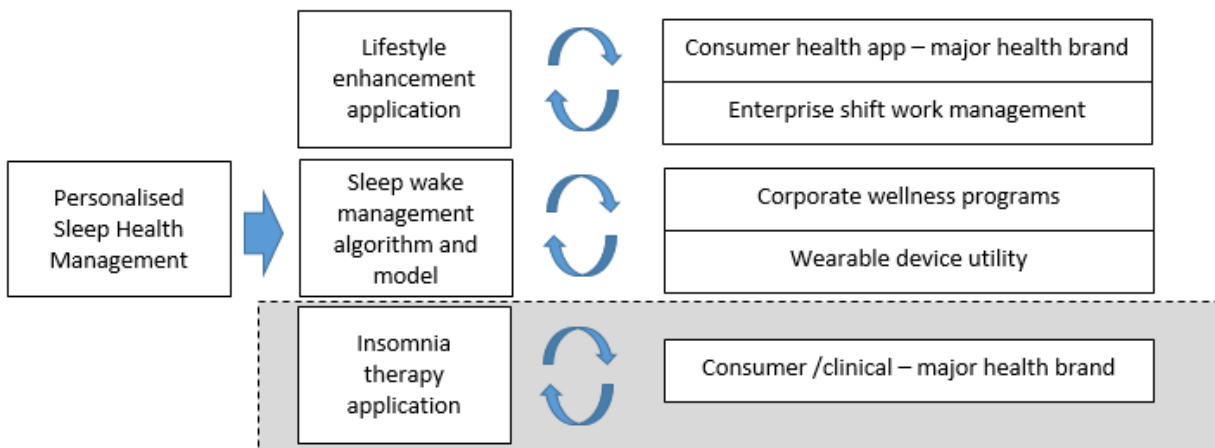


## Output Profile: SleepFix™ - Digital Insomnia Therapy (Patent Pending)

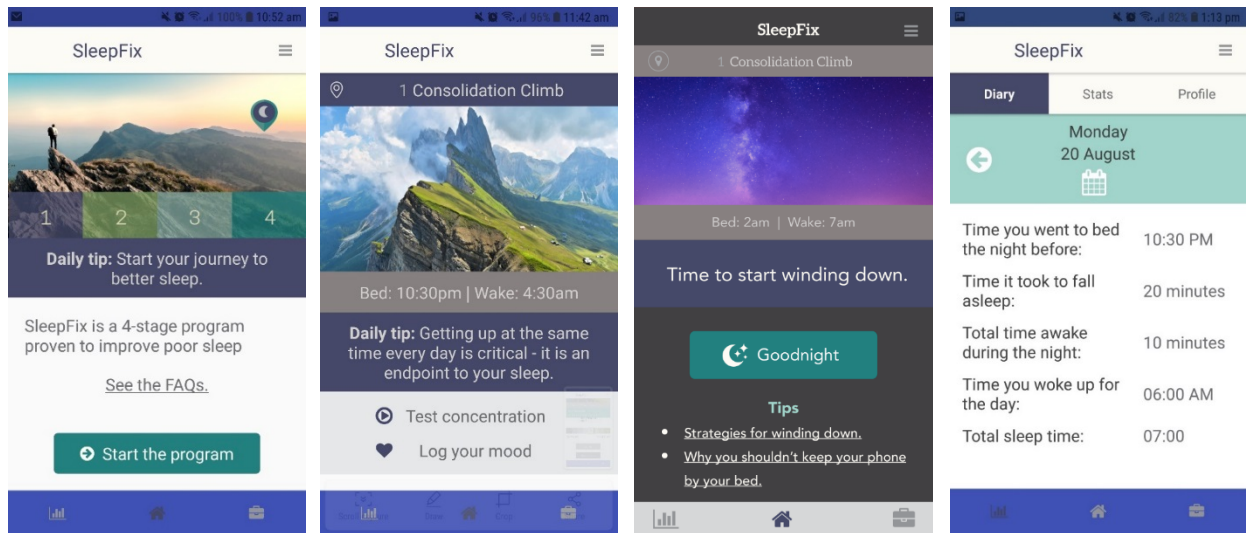
SleepFix™ is an evidence-based mobile application that helps insomnia sufferers treat their condition with a customized sleep therapy program. The application takes inputs from the user and can also interpret objective data from wearable devices. It provides behavioral prompts to manage the subject's sleep wake patterns and incorporates novel approaches to track and improve the users' progress toward improved sleep behaviors, mood and concentration. The application incorporates a novel combination of techniques such as user negotiation to guide the user through their personalized therapy journey.



### Specification Summary

- Mobile application that utilises personalised behaviour change techniques to deliver a customized sleep therapy program that effectively treats insomnia.
- Ability to incorporate objective signals from consumer wearables to gather sleep-wake information and combine with subjective data to inform the algorithm driven guidance for improving sleep behaviours.
- Utilizes commitment and negotiation components with mood and gamified concentration tools to maintain user engagement during sleep therapy.
- Solid clinical evidence base with an elegant consumer accessible solution to efficiently and effectively deliver behavioural change techniques for treating insomnia.
- Higher level of user engagement and shorter treatment period compared to existing digital cognitive behavioural therapy (CBT) for insomnia (up to 75% faster).
- Potential for delivery through physician recommendation.

## Screen Shots



*Alertness CRC is exploring a range of options to further the use of its research, technology and products and is open to speaking with a range of interested entities from investors to licensees and commercialization partners. Additional public information is available at: <https://mjkpartners.com/opportunities/alertnesscrc/> or contact Myron Kassaraba, MJK Partners, LLC, Tel. 617-902-0639, [myron@mjkpartners.com](mailto:myron@mjkpartners.com).*