

# CCBT for Insomnia

In a representative NHS service setting, the SilverCloud Space for Sleep programme was offered to those reporting difficulty getting to sleep and/or staying asleep for at least 3 months.



## THE RESULTS

The programme was effective for **85%** of those with severe insomnia

**38%**



Went from Severe Insomnia to Moderate Insomnia

**38%**



Went from Severe Insomnia to Subthreshold Insomnia

**15%**



Went from Severe Insomnia to No Clinically Significant Insomnia

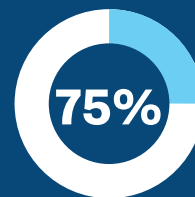
## Moderate Severity Insomnia Outcomes



Went from Moderate Insomnia to Subthreshold Insomnia

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## MENTAL HEALTH OUTCOMES



### MENTAL HEALTH RECOVERY

75% with mild to moderate depression and anxiety needed no further treatment

75% recovery was achieved for individuals with long term chronic conditions, those with stigma-related concerns and those preferring to handle sleep-difficulties before treatment for depression and anxiety.