

SleepUp Digital CBTi-based Platform for Insomnia

NCT04949360

Status	RECRUITING
Phase	Not Applicable
Sponsor	SleepUp Tecnologia em Saúde Ltda
Enrollment	280 participants

Key Eligibility Criteria

Inclusion (3)

- Literate Brazilian portuguese speakers.
- Insomnia symptoms (as measured by ISI).
- An Android-based smartphone or tablet with access to the Internet.

Exclusion (2)

- Previous experience with CBTi.
- Use of sleeping pills or any other treatment for insomnia for two or more days a week in the last three months.

Locations (1 total)

SleepUp Tecnologia em Saúde LTDA, São Caetano do Sul, São Paulo, Brazil