



Living with Insomnia is hard. Curing it doesn't have to be.

Somly offers a six-week, online, one-on-one CBTI program to help individuals obtain the unique tools they need for a lifetime of quality sleep.

CBTI (cognitive-behavioral therapy for insomnia) is the only scientifically-proven, non-drug insomnia treatment. CBTI is 70-80% more effective than sleeping pills* and reduces or eliminates sleeping pills in the vast majority of patients.

Over the course of the 6-week program, patients work one-on-one with a remote sleep coach. Applying CBTI methods, Somly coaches guide patients through the process of restructuring their thoughts around sleep, teaching them how to identify the internal and external factors that rob them of rest. Patients also learn to retrain their brain to discover its drive for sleep.

Dr. Robert Oexman is the CEO and founder of Somly. Dr. Oexman is on a mission to apply his decades of clinical and research experience to educate people around the world about how they can achieve better sleep.

All Somly sleep coaches are board-credentialed in the field of sleep by the American Academy of Sleep Medicine and trained in CBTI.

Additionally, each of Somly's coaches have current or past experience in a sleep lab. Their coaching strategies are backed by not only research, but the realities of concrete, clinical practice.

Somly offers patients 100% confidential, research-based, one-one-one insomnia treatment from the comfort of their own home. Somly patients report they are falling asleep faster, staying asleep longer and sleeping better. Most report less dependence upon sleep medication, as well as life-changing results.

*J Thorac Dis. 2018 Jan; 10(Suppl 1): S94-S102. doi:10.21037/jtd.2018.01.35

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