SleepCharge is a sleep care telehealth program that specializes in improving your sleep by providing human-centric support and conveniently accessible care plans that range from cognitive behavioral coaching to sleep disorder therapies.

Reap the Benefits of Better Sleep

- Improve health
- Reduce fatigue
- Boost energy
- Manage stress

Work in a regulated or safety-sensitive role?
We will supply you with the treatment history report and letter of recommendation you need for annual medical certification.

Already receiving sleep care elsewhere?
Transfer your current care plan to save time and reduce cost from physician office visits, in-lab testing, and treatment plans.
The SleepCharge Program

Your path toward better sleep begins at sleepcharge.com/pfj

Step 1: The Sleep Checkup

You begin by taking the confidential Sleep Checkup, which determines your Duration, Timing, & Quality (DTQ). This tells us how long you sleep, when you sleep, and how well you sleep.

Step 2: The Sleep Evaluation

After your personalized DTQ is determined, we take a deeper dive into your medical history to assess if any sleep issues are present. *Your information is always kept confidential and we never sell or share it.

Step 3: Results & Next Steps

Our medical team reviews your results and we work with you to build the ideal sleep health care plan for your needs, including any necessary testing and treatment(s).

Step 4: Specialized Care Plan

Our dedicated care team of sleep experts is just one call or click away to provide continuous telehealth support on your path toward better sleep.

SleepCharge follows federal HIPAA guidelines — we do not share any protected health information with your employer or third parties.