

SleepCharge helps improve your sleep by using telehealth to evaluate, diagnose, treat and manage sleep disorders and disruptors.

Improve your sleep and feel better



Personalized
Care Plans



Board-Certified
Expertise



Proactive Care
Managers



Extensive Sleep
Education

Learn more about *your* sleep with our Sleep Checkup[™]

Complete the Sleep Checkup to determine your Duration, Timing, & Quality (DTQ[™]) and explore our self-guided library of sleep education.



How long you sleep



When you sleep



How well you sleep

Begin with the Sleep Checkup to learn more about
your sleep at sleepcharge.com/cm527

Did you know? SleepCharge follows federal HIPAA guidelines – we do not share any protected health information with your employer or third parties.

Get started with SleepCharge today!

Step 1: The Sleep Checkup™

Begin with our confidential Sleep Checkup to get your personalized sleep report. This provides a summary of your current sleep health and highlights areas for improvement.

Step 2: Medical Evaluation & Discussion

Our medical team of certified clinicians and physicians review your medical history and sleep health assessments to establish next steps for your sleep health improvement.

Step 3: Sleep Health Care Plan

Based on your needs, SleepCharge provides proactive telehealth care to get you on the path toward better sleep and overall wellbeing.

SleepCharge utilizes telehealth to evaluate, diagnose, and treat sleep issues. By using a computer or mobile device, you could:

- Take the SleepCharge Sleep Checkup
- Communicate with our medical or care team
- Request testing supplies and equipment
- Track treatment progress
- Browse educational content
- Access medical documentation

Get started by taking the Sleep Checkup to learn more
about your sleep at sleepcharge.com/cm527

Questions? Call 877-615-7257
5AM- 9PM CST

