

goodpath

CUSTOM SLEEP PROGRAMS FOR WELL-RESTED EMPLOYEES

83%

Members see a **reduction** in sleep medications.

4/5

Insomnia severity index rating reduction of **50% or more**.

\$1,479

Saved medical costs per member.

Our proven sleep programs use a whole-person, integrative approach to care:

- Cognitive behavioral therapy for insomnia (CBT-I)
- Mind-body exercises
- Sleep journaling
- Sleep nutrition

Sleeping 8 hours now, not 4

Anxiety Level rating (GAD-7) dropped from 6 to 1

DIGITAL + PHYSICAL ENGAGEMENT



Book a demo at [goodpath.com](https://www.goodpath.com)