

Welcome to SleepCharge

Wake up to a brighter world!



Health
plan
members
are eligible

Get your personalized sleep report

Complete the Sleep Checkup to get your personalized sleep report, which includes an analysis of your Duration, Timing & Quality (DTQ). Use your report to lay the foundation for sleep improvement.

Access the Sound Sleeper

Explore our virtual, self-guided library of sleep education and guided bedtime mindfulness, to help you achieve a healthier sleep lifestyle.

Receive sleep health support

From sleep coaching to treatment for sleep disorders such as insomnia, sleep apnea and restless legs syndrome, SleepCharge provides proactive and virtual sleep care tailored to your needs.

To get started, take the Sleep Checkup by
visiting sleepcharge.com/dahmes

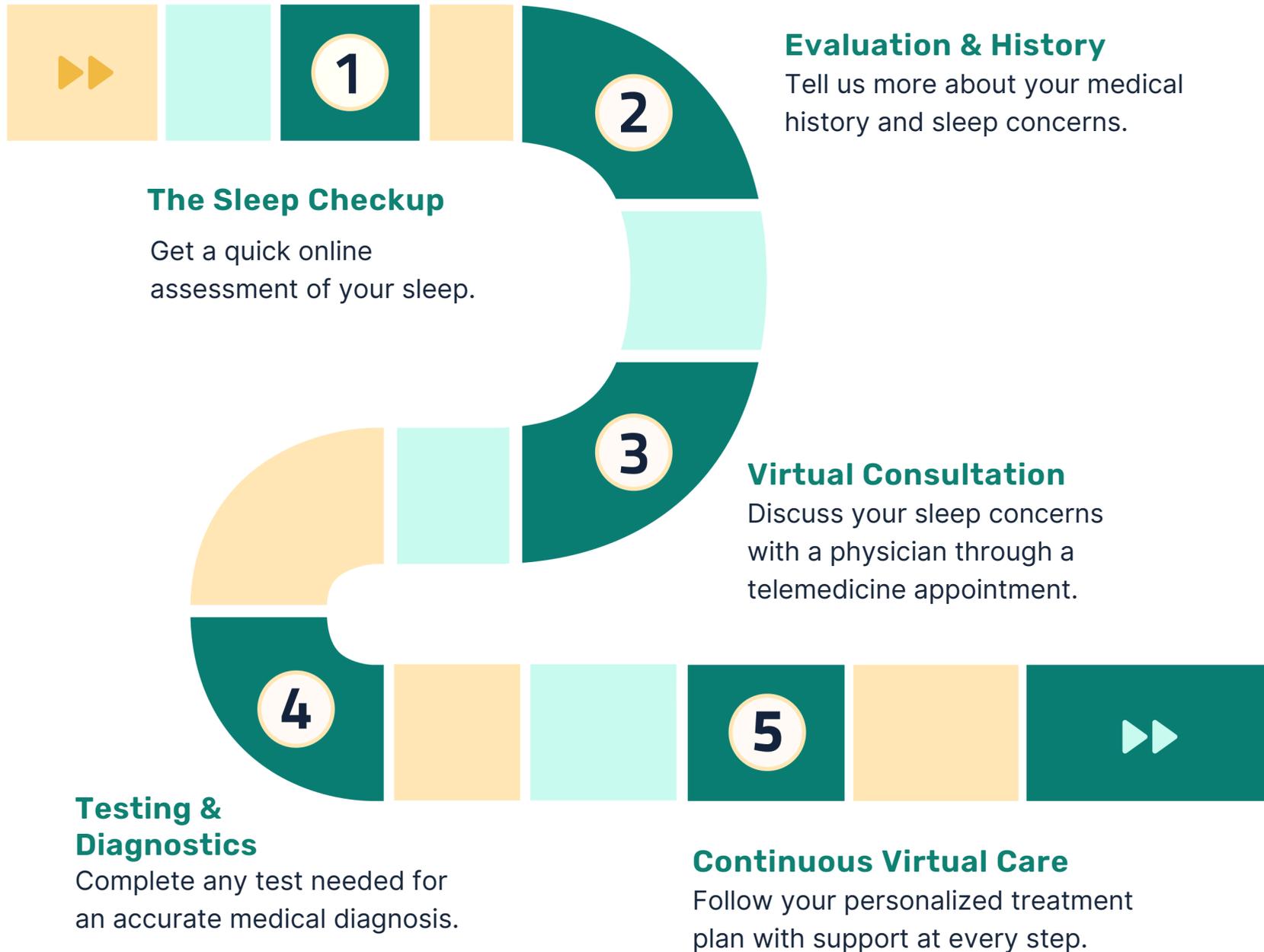
All confidential medical information obtained through SleepCharge will be maintained in accordance with federal HIPAA requirements.





YOUR GUIDE TO

The SleepCharge Journey



Currently being treated for a sleep disorder?

Now is the time to move your care and experience the SleepCharge difference. Call 877-615-7257, option 2.



Get started with the Sleep Checkup at sleepcharge.com/dahmes