



**Name** *HelloBetter Schlafen*

**Version** 1.0

**Manufacturer**



HelloBetter is a registered trademark of  
GET.ON Institut für Online Gesundheitstrainings GmbH  
Schrammsweg 11  
20249 Hamburg  
<https://hellowbetter.de>  
[kontakt@hellowbetter.de](mailto:kontakt@hellowbetter.de)  
+49 (0)40 532 528 67

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2023-07-27

**CE label**



**Authorised representative for Switzerland**

Freyr Life Sciences GmbH  
Bahnhofplatz  
CH-6300 Zug  
Switzerland

**Instructions for Use**



Please read the instructions for use. They can accessed via  
[https://hellowbetter.de/wp-content/uploads/2021/03/Schlafen\\_Gebrauchsanweisung.docx.pdf](https://hellowbetter.de/wp-content/uploads/2021/03/Schlafen_Gebrauchsanweisung.docx.pdf)

**Intended purpose**



*HelloBetter Schlafen* is a medical device.

*HelloBetter Schlafen* is a psychological online programme aimed at reducing insomniac symptoms. The online course consists of eight units, each lasting 45-60 minutes.

In addition to well-founded psychoeducation via texts, videos and audios, the online programme teaches effective strategies from cognitive behavioural therapy for insomnia (CBT-I) according to the status quo of scientific findings. These include e.g. strategies for sleep hygiene, bedtime reduction and stimulus control, relaxation techniques, behavioural activation, strategies for dealing with dysfunctional thoughts and rumination as well as relapse prevention. The exercises are learned in the online programme and can be integrated into everyday life. Goals are formulated in such a way that they are individual, realistic and achievable. In addition, there is an online journal and recurring symptom checks to record, monitor and evaluate one's own progress.

The online programme has been developed over several years by leading experts in the field of e-mental health and has been extensively studied and found to be effective in multiple randomised controlled trials.

*HelloBetter Schlafen* is designed for adults who meet the criteria for one of the following ICD-10 diagnoses:

- F51.0 non-organic insomnia
- G47.0 Sleep onset and sleep maintenance disorder

### Warnings



The online programme *HelloBetter Schlafen* must not be used if suicidal tendencies are present. In this case, participants should seek medical and/or psychotherapeutic advice and, in a crisis situation, immediately contact the emergency number 112.

In addition, *HelloBetter Schlafen* is not intended for use with:

- Epilepsy (ICD-10 G40)
- Bipolar affective disorders (ICD-10 F31)
- Acute transient psychotic disorders (ICD-10 F23)

In the case of one or more of the following conditions, *HelloBetter Schlafen* may only be carried out if these have been carefully discussed **in advance** with the participant's family doctor and/or a specialist doctor and no objections to participation in the programme have been raised by the doctor.

- Sleep apnoea (ICD-10 G47.3)
- Sleepwalking (somnambulism) (ICD-10 F51.3)
- Severe cardiovascular diseases (e. g. cardiac arrhythmia, angina pectoris)
- Known or suspected pregnancy