KLINIKA TES

SleepFactory: A Digital Tool for Clinically Proven Sleep Care

SleepFactory, developed by the Klinika TES, is a digital program for healthy sleep and insomnia prevention available as a mobile app. It combines the clinically proven CBT-i method with screening, personalization, education, and elements of telemedicine. It makes effective therapy accessible to people who currently cannot access it, and offers companies and insurance providers measurable benefits for health and performance. It is unique on the Czech market in combining therapeutic expertise with digital technology and is ready to scale up both in the Czech Republic and abroad.

Unique Selling Points:

- Clinically proven digital therapy for insomnia based on the CBT-i method.
- A unique combination of therapeutic expertise, data, and digital technologies.
- A scalable program suitable for individuals, businesses, and health insurance companies.
- Personalized care through self-screening, gamification, and expert monitoring.
- Addressing the critical shortage of accessible sleep care on the market.

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Product

Mobile Apps for Preventing Insomnia

Technology readiness

Development

Proof of concept

Prototype

▶ First implementation

Extensive implementation