

HOME

OUR PROGRAM

SUCCESS STORIES

INSOMNIA IN THE NEWS

OUR **COMPANY** ENROLL NOW



INSOMNIA GOT YOU UP?

You need SHUTi, the online program clinically proven to cure insomnia. Tailored to your personal sleep needs, SHUTi creates long-lasting health benefits. No pills or herbal remedies. Are you ready to get some SHUTi?

As Seen On















"SHUTi was easy to use and quite effective. I'd heard about the success rates for insomnia using Cognitive Behavior Therapy (CBT). SHUTi includes those CBT techniques in a way that worked for me. Looking at the years of bad sleep I've been through, and the almost instantaneous turnaround in my sleep using SHUTi, the price for SHUTi compared to weeks of face-to-face therapy was very reasonable. For me, the investment was well worth it."

SHUTi is a self-help program that fits your schedule and can be used over the internet from the privacy and convenience of your own home.

SHUTi includes engaging videos from insomnia experts, interactive quizzes, and short vignettes dealing with real-life sleep issues. SHUTi tracks your progress providing recommendations tailored to your personal sleep situation.

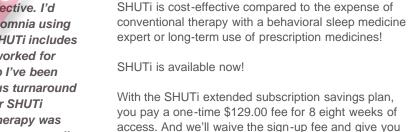
MORE PERSONAL STORIES

CLINICALLY PROVEN INSOMNIA CURE

SHUTi, or Sleep Healthy Using the Internet™, was created by a team of international experts, including world-renowned sleep expert, Dr. Charles Morin. Used in leading sleep centers, SHUTi is effective at solving chronic insomnia in adults, naturally.

SHUTi is founded on Cognitive Behavioral Therapy, the long-term insomnia solution recommended by the American Academy of Sleep Medicine. Backed by years of published scientific research, SHUTi is the only online program for insomnia proven effective in multiple randomized clinical trials.





you pay a one-time \$129.00 fee for 8 eight weeks of access. And we'll waive the sign-up fee and give you another eight weeks free! That's a total of 16 weeks for only \$129!

COST

EFFECTIVE

All for less than the typical cost of just one visit with a sleep behavioral therapist.

And with no costs or side effects from the long term use of prescription sleep medicines or herbal remedies!

ENROLL NOW



SHUTi is an interactive, online program designed to improve the sleep of adults with insomnia. It has been proven in clinical research trials conducted at a major university to be highly effective in helping individuals who are experiencing sleep difficulties. The result?

- ▶ 73% of participants with clinically Severe or Moderately Severe Insomnia had NO clinicial insomnia after completing the program
- ▶ Fell asleep over 40% faster, typically in under 20
- Reduced their time awake in the middle of the night by 55%
- ▶ Felt more refreshed upon waking

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