



As Seen On



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.



EVIDENCE BASED EFFECTIVENESS

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 clinical insomnia after completing the program
- ▶ Fell asleep over 40% faster, typically in under 20 minutes
- ▶ Reduced their time awake in the middle of the night by 55%
- ▶ Felt more refreshed upon waking

[MORE RESEARCH RESULTS](#)


ENGAGING AND PERSONAL

"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](#)


COST EFFECTIVE

SHUTi is cost-effective compared to the expense of conventional therapy with a behavioral sleep medicine expert or long-term use of prescription medicines!

SHUTi is available now!

With the SHUTi extended subscription savings plan, 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!

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!

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