

Smartphone sleep health app cuts insomnia severity scores

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Use of the digital sleep health intervention KANOPEE is associated with

significant and clinically meaningful reductions in insomnia symptom severity, according to a study published online July 28 in the *Journal of Clinical Medicine*.

Pierre Philip, M.D., Ph.D., from the University of Bordeaux in France, and colleagues compared the benefits of KANOPEE, a smartphone application dealing with [insomnia](#) complaints, to another app proposing an electronic sleep diary named "My Sleep Diary." The analysis included [individuals](#) who downloaded one of the apps between December 2020 and October 2021 (535 users of KANOPEE and 489 users of My Sleep Diary).

The researchers found that KANOPEE users improved their Insomnia Severity Index score significantly more than sleep diary users. Similar results were found for total sleep time gained (48 minutes for KANOPEE users versus 16 minutes for My Sleep Diary users), with even more pronounced results observed for those with initial moderate-to-severe sleep complaints. Both sleep efficiency and wake time after sleep onset were significantly improved in the KANOPEE users versus My Sleep Diary users.

"Our results in a sample of over 1,000 [subjects](#) underline the potential for using these new autonomous digital solutions in medicine and the benefits that they represent for health care systems," the authors write.

More information: [Abstract/Full Text](#)

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