

The global leader in sleep care



Nox Health helps people around the world achieve better sleep through advanced diagnostics and proven treatment programs.

The SleepCharge program helps members achieve healthy sleep by evaluating, diagnosing and treating sleep issues. We combine technology and personalized care with behavioral and medical therapies to focus on lowering health care costs, improving outcomes and supporting members on their journey to better health.

Make sleep your priority

Healthy sleep isn't optional — it's the building block for all good health. And while we all need sleep, many people are not getting enough. On any given night, 40 - 50% of people have trouble sleeping. In fact, the CDC considers sleep disorders a public health epidemic.

Poor sleep is linked with:

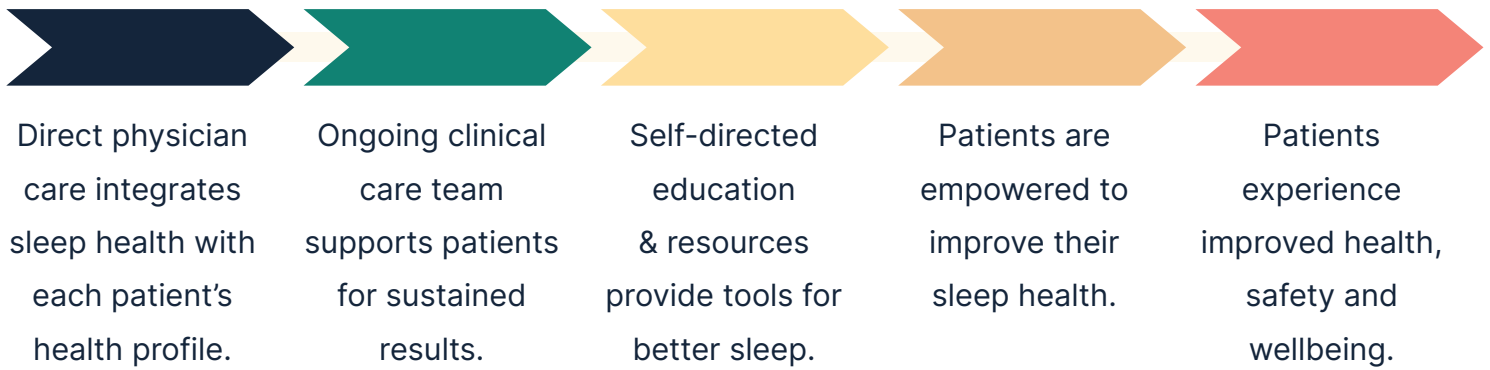
 <p>Health conditions</p> <ul style="list-style-type: none"> Type 2 diabetes Heart disease Stroke Obesity Depression 	 <p>Workplace errors</p> <ul style="list-style-type: none"> Cognitive function Decision making Memory and learning Reaction time Increased accidents 	 <p>Mental wellbeing</p> <ul style="list-style-type: none"> Emotional regulation Mood Interpersonal relationships Executive functioning Stress levels
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Simply put, *to have good physical and mental health, you must have healthy sleep.*

Not the same tired sleep solution

SleepCharge is a single source for the entire spectrum of sleep problems, from transient sleep disruptions to more serious sleep disorders. Our approach includes medical therapies, behavioral interventions and personalized sleep care so that people can lead healthier, more productive lives.

Our multidisciplinary approach includes:



Virtual convenience


We're more than just app-enabled technology. SleepCharge puts patients at the center of care with an interactive solution that connects them with sleep testing, physician appointments, education and live clinical care at the time and place of their choosing.


Industry-leading reporting and analytics


SleepCharge is committed to providing visibility into outcomes and tracking program success. This includes claims analysis through matched cohort comparisons, tracking productivity and quality of life improvements, therapy success, and long-term treatment adherence and retention rates.


Healthy sleep is our passion, not just our vocation

We believe:

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Everyone deserves healthy sleep.
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Workplace errors can be reduced.
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Treating sleep shouldn't break the bank.
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Accidents can be prevented.

Our clients see measurable savings on total health care costs and improved outcomes for related chronic conditions. Not only that, but their members are more productive and engaged and express appreciation for the life-changing impact of healthy sleep.

Learn how the SleepCharge model has worked for other clients and can work for you, too.

[Learn more and get in touch at sleepcharge.com](https://sleepcharge.com)