

SleepCharge utilizes telehealth to evaluate, diagnose, discuss, treat, and manage an array of sleep disorders and disruptors.

Why SleepCharge?



Personalized
Therapies



Professional
Expertise



Proactive Care
Managers



Extensive Sleep
Education

Learn More About *Your* Sleep

Complete the Sleep Checkup[™] to determine your Duration, Timing, & Quality (DTQ[™]) and explore our self-paced library of sleep education.



How long you sleep



When you sleep



How well you sleep

Begin with the Sleep Checkup[™] to learn more about
your sleep at sleepcharge.com/southernco

The SleepCharge Program

Get started with SleepCharge today!

Step 1: The Sleep Checkup™

You begin by taking the confidential Sleep Checkup™, which determines your Duration, Timing, & Quality (DTQ™). This breaks down *how long* you sleep, *when* you sleep, and *how well* you sleep.

Step 2: Medical Review & Discussion

Our medical team of certified clinicians and physicians review your results and work with you to determine the next steps for your sleep health care plan.

Step 3: Sleep Health Care Plan

SleepCharge provides proactive telehealth care to get you on the path toward better sleep.

SleepCharge utilizes telehealth to evaluate, diagnose, and treat sleep apnea. By using a computer or mobile device, you could:

- Take the SleepCharge Sleep Checkup™
- Communicate with our medical or care team
- Request testing supplies and equipment
- Track treatment progress
- Browse educational content
- Access medical documentation

Begin with the Sleep Checkup™ to learn more about
your sleep at sleepcharge.com/southernco

SleepCharge follows federal HIPAA guidelines – we do not share any protected health information with your employer or third parties.

