



Is enhancing employee productivity & well-being a priority?

Then a sleep-focused solution might be right for you.

Many companies invest in employee benefits because they can improve the engagement, effectiveness, and health of employees. But with so many options, choosing the right path is hard. Below, we walk through **everything you need to know to decide if investing in a sleep-focused solution like Chorus is right for your company.**

Chorus at a glance

Chorus is a sleep-focused employee benefit, with additional daytime support available. For employees, we provide a **mobile app and coaching program that helps them improve sleep** and reduce daytime stress. For employers, we provide an **insights tool that allows them to better understand employee health, sentiment, and effectiveness.**

What to consider

Beyond price and roll-out complexity, there are a couple of things to consider to determine if Chorus is right for you:

1

The **order** of what problem to address when

2

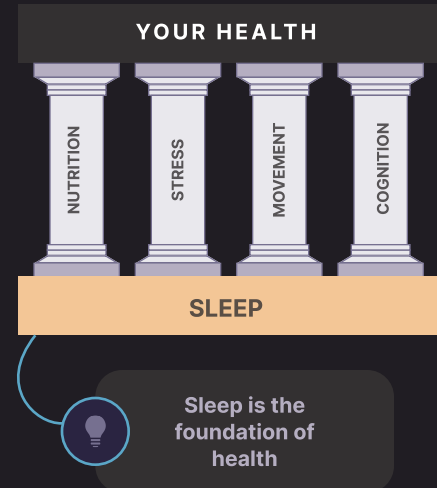
The **breadth of your employees** it is relevant for

3

The **ability to measure** what's working and what isn't

01 The **order** of what problem to address when

Research shows that sleep is the **foundation** of health for **everyone**. That's why the Chorus founders started a company focused on sleep - because they recognized it as the **essential first step in enhancing productivity and well-being**. Like many, the founders experienced that it doesn't matter how much you meditate, go to therapy, or exercise. If you are sleeping poorly, you will continue to feel terrible



02 The **breadth** of your employees it is relevant for

From the top executive to the summer intern, sleep benefits **all employees**, which makes it not only the most foundational benefit **but also the most inclusive**.

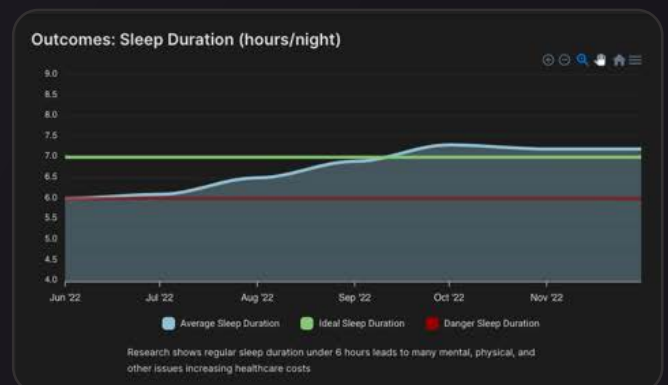


86% of people have trouble sleeping

100% 100% of employees sleep

03 The ability to **measure** what's working and what isn't

Various approaches for enhancing wellbeing, from extra PTO to therapy or meditation, cater to the specific needs of some employees, and some, like PTO, have the added benefit of being free to the company. However, the downside is that it's challenging to measure what's working and what isn't. Even with dashboards provided by therapy platforms, therapy is notoriously subjective, with little hard data. Contrast this with sleep data, which is objective and provides a clear measurement of impact.



Taking this together, if you want a benefit that:

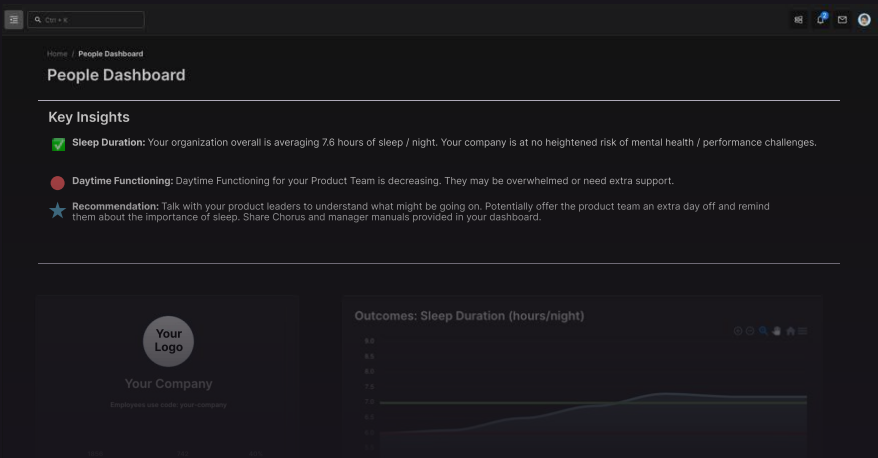
- ★ Is **foundational** for all employee needs, especially productivity and well-being
- ★ Is **relevant for all employees**
- ★ Provides **objective measurement** of what's working and what isn't

Then Chorus is right for you.

	Chorus	Existing PTO policies & managers	Therapy focused mental health platforms	Meditation apps
Foundational for productivity & wellbeing	✓	✗	✗	✗
Relevant for all employees	✓	✓	✗	✗
Objective measurement of impact	✓	✗	✗	✗

About Chorus

Chorus is a sleep-focused employee benefit, with additional daytime support available. For employees, we provide a mobile app and coaching program that helps them improve sleep and reduce daytime stress.



For employers, we provide an insights tool that allows them to better understand employee health, sentiment, and effectiveness.

While other vendors claim to support sleep as part of a broader offering - these solutions do not focus solely on sleep, so their resources are limited and generic. Of the solutions that do focus on sleep, **none of them besides Chorus provided the ability for leaders to measure objectively, with data, what's working and what isn't.**





More
Collaborative



More
Engaged

Employee Impact

In our case study with Asana (NYSE: ASAN), we found **employees were 55% more collaborative and 15% more engaged when using Chorus.**

Across all our partners, we've seen employees **improve their sleep duration and quality by over 30%.**

All these findings are statistically significant and add to the vast body of evidence on the effects of sleep, such as the research summarized [here](#) and [here](#).

What our Partners are Saying



"Chorus provided incredible support for our employees and gave us insight we never had before!"

Emerald M., Benefits Specialist at
WCG Clinical Services



"Our team was so pleased! I was REALLY happy how the Chorus Team backed up so many things with science and research...**hearing this insight from an expert hits differently than when we learn it in books or on our own.**"

Solomon L., Chief Health & Happiness Officer
/Strategic Partnerships at AAG Ventures



If you'd like to learn more, you can get in touch
and schedule a free demo here.

[Learn More](#)