

For Individual Contributors

Hi [name of manager],

I'd like to expense a subscription to [Chorus Sleep](#). It's a mobile app and coaching program that helps employees and their families sleep better. It's a resource that would help me feel my best, diminish feelings of burnout, and be my most effective at work.

As a subscriber, I get an evidence-based program that improves 80% of people's sleep, and has been shown to improve daytime functioning by 30%. The platform includes helpful tools like sleep tracking, expert-led relaxing audio sessions, and real, human sleep coaching.

It costs \$120/year (\$9.99/month). My thought is this may provide a helpful experiment to understand how our teams can work better. With even a slight increase in performance or decrease in burnout the ROI would easily be 100x.

Let me know if you're fine with this.

Thanks,
[Your name]

For Managers

Hi [name of manager],

I'd like to expense a subscription to [Chorus Sleep](#). It's a mobile app and coaching program that helps employees and their families sleep better. It's a resource that would help me feel my best, but also become an even better manager. See some recent [research](#) on Sleep Leadership for context.

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