

# SHUTi™ Disclaimer

SHUTi™ is a self-help program for adults with insomnia, developed and managed by the Center for Behavioral Health and Technology at the University of Virginia. It is not intended to address other sleep disorders such as, by way of example and without limitation, sleep apnea or restless legs syndrome, and it is not intended to address any medical problem or mental health problem. You should always consult your physician about any sleep disorder, medical problem or mental health problem that you have, and determine its impact on insomnia and the appropriateness of your using SHUTi™.

The SHUTi™ software, website and the content and features included therein (collectively, the "program") do not constitute, and are not a substitute for, medical evaluation, advice, diagnosis, care or treatment. The University of Virginia recommends that you always seek the advice of a physician or other health care professional for all health-related matters. The program should only be used as an educational program that supports your care and the treatment rendered by your physician. We do not recommend self-management of health problems. You should never disregard medical advice or delay in seeking it because of something you have read in the program.

The University of Virginia will not be liable for, and you waive any claim for, any personal injury, damage, and/or liability arising out of your use of or reliance on this program.