**SLEEP STATION SERVICE**

**Available to PCN patients for 12 months from 1st November 23**

* Help Chronic Insomnia sufferers without the use of medication
* The service is a web based online CBTi programme where digital access is required for daily internet access via a computer/smart phone for patients to be able to take part in the support programme
* Available to adults 18 years and above
* Patients can self-refer  [https://www.sleepstation.org.uk/start-now/](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.sleepstation.org.uk%2Fstart-now%2F&data=05%7C01%7CDona.stevens%40nhs.net%7C95f11739e6cf412e962908dbdac343f6%7C37c354b285b047f5b22207b48d774ee3%7C0%7C1%7C638344304462991543%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000%7C%7C%7C&sdata=bm8N2AHgdFhR%2FoczfNiL9d38r4HR1Dd%2FiZDSB1CJ%2F%2Fw%3D&reserved=0)
* GP referral is via electronic form emailed to the service **(form already sent out)**
* Patients will be assessed and screened by Care Navigators within 3 working days of the referral and if the service is appropriate then a personalised sleep support programme will be tailored to their needs this can run for upto 12 weeks
* Staffing model includes a team of sleep coaches, CBTi therapists and a wider MDT-including Behavioural Psychologist, CBT specialist, Sleep Experts and a Consultant Psychiatrist
* If found not to be appropriate for sleep station patients will be sign posted to other suitable available services
* If no engagement patient will be contacted 3 times before discharge
* When engaged they will be followed up at 3/ 6 months and up to 12 months.

**Exclusions for Referrals**

* Epilepsy, bipolar disorder, mania, schizoaffective disorder, schizophrenia or a personality disorder
* Very severe untreated generalised anxiety ( this should be addressed first)
* History of psychosis/psychotic episodes, seizures
* Acute PTSD
* Parasomnias
* Under 18 years of age
* Currently undergoing CBT with another provider (unless the provider is notified)
* Currently under the care of a psychiatrist (unless referred by the psychiatrist)
* Unable to use a computer/smartphone and access internet daily
* Sleep restriction therapy (SRT) is not recommended in pregnancy
* Sleep Station is not recommended for those in higher risk pregnancies (due to age, chronic health conditions. Lifestyle, BMI and other factors)

Provider Born Digital Health Ltd. t/a Sleepstation

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