|  |  |
| --- | --- |
| Referral to Sleepstation (online sleep support and insomnia therapy service) |  |
| **This form may already be integrated on electronic systems**  Service users must have internet access and basic IT literacy |  |

|  |  |
| --- | --- |
| Date | **DD/MM/YYYY** |
| Referring Doctor |  |
| Organisation name/code |  |
| Organisation address |  |
| NHS.net email address |  |

**Patient Details** (an email address or mobile number must be provided)

|  |  |
| --- | --- |
| FULL NAME |  |
| Date of birth | DD/MM/YYYY |
| NHS number (required) | Referrals cannot be accepted without an NHS number |
| Address |  |
| Home/mobile tel. number |  |
| Email address |  |
| **Reason for referral / clinical notes** | |

**Service information, exclusions and considerations**

There are few contraindications, but Sleepstation is not suitable for all. Please use clinical judgement to determine if Sleepstation is right for your patient. Contraindications generally stem from the sleep deprivation aspect inherent in the sleep restriction technique used within CBTi.

**Exclusions:**

* Epilepsy
* Seizures
* History of psychosis/psychotic episode
* Complex mental health problems including bipolar disorders, mania, personality disorders, schizophrenia or other psychotic spectrum disorders
* High risk for falls
* Active PTSD (unless has access to support for this locally)

Sleepstation cannot accept referrals for patients who are:

* under 18.
* pregnant and have any pregnancy related complications or risk factors (including age, obesity, chronic health condition and/or lifestyle factors such as smoking or alcohol use).
* currently undergoing CBT with another provider.
* currently receiving psychiatric support (unless referred by the psychiatrist).
* unable to use a computer/smart phone and access the internet daily.

Please be advised, sleep restriction therapy will not be offered to pregnant people, but other cognitive and behavioural support will be provided. In some cases where the sleep issues are related exclusively to discomfort related to pregnancy the patient may not gain much benefit.

Please provide confirmation that any patient with active PTSD has access to support for this locally.

Variable shift workers who transition between day and night shifts frequently are unlikely to gain significant benefit.

Contact details and further information:

0333 800 9404

[tnu-tr.sleepstation@nhs.net](mailto:tnu-tr.sleepstation@nhs.net)  
<https://www.sleepstation.org.uk/nhs-referrals/>