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| 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. Contraindications generally stem from the sleep deprivation aspect inherent in the sleep restriction technique used within CBTi, or clinical complexity which is not suitable for online therapy. Sleepstation is also based on CBT techniques and requires motivation and engagement from your patient in order to be successful. Please discuss this with your patient to ensure they are happy to try the programme and use clinical judgement to determine if Sleepstation is right for them.

**Exclusions:**

* Epilepsy or history of seizures
* Bipolar disorder or previous manic episode
* Schizophrenia, schizoaffective disorder or previous psychotic episode
* High risk for falls
* Currently detoxing from drugs or alcohol
* Personality disorder

Sleepstation cannot accept referrals for patients who are:

* under 18.
* unable to use a computer/smart phone and access the internet daily.

In some cases where the sleep issues are related exclusively to discomfort from certain medical issues the service user may not gain much benefit. We do accept these referrals, but it is sensible to optimise treatment for these issues first where possible before trying Sleepstation:

* Sleep apnoea
* Restless legs syndrome

Some service users are unlikely to gain significant benefit from Sleepstation:

* Pregnant people whose insomnia is related exclusively to pregnancy discomfort
* Variable shift workers who transition between day and night shifts frequently
* Patients with circadian rhythm sleep wake disorders where this is the primary cause of insomnia

For patients with PTSD, there is a small risk of temporary worsening of PTSD symptoms during the sleep restriction phase of the programme, which should dissipate as sleep improves.

For patients currently undergoing a course of CBT elsewhere, it is usually optimal to complete this first before starting Sleepstation.

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/>