|  |  |
| --- | --- |
| Referral to Sleepstation (online insomnia service) |  |
| Sleepstation should be considered as an alternative to referring to a sleep clinic **for insomnia review and treatment.** Patients must have internet access  Completed referral forms should be sent to [tnu-tr.sleepstation@nhs.net](mailto:tnu-tr.sleepstation@nhs.net) |  |

|  |  |
| --- | --- |
| 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** | |

Sleepstation’s online CBTi programme is effective for chronic insomnia (both primary and secondary) as well as sleep problems associated with depression.

**Considerations and contraindications**

CBTi is not suitable for all. Please use clinical judgement to determine if Sleepstation is right for your patient. **Pregnant ladies** with pregnancy related sleep problems and **variable shift workers** may not gain much benefit.

Contraindications generally stem from the sleep deprivation aspect inherent in the sleep restriction technique used within CBTi. These include **epilepsy, seizures, bipolar disorders**, and those at **high risk for falls**. Please include a past medical history for anyone with **PTSD or generalised anxiety.**  
  
Patients with **a personality disorder, schizophrenia or other psychotic spectrum disorders** should not be referred to Sleepstation. **We cannot accept referrals for patients who are under 18.**

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/>