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| --- | --- |
| 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 accessCompleted referral forms should be sent to 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 patients. Please include a past medical history for anyone with **psychosis, seizures, PTSD or generalised anxiety.** Those currently **under psychiatric care** should only be referred after consultation with the psychiatrist. **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, bipolar disorders**, and those at **high risk for falls**.

Patients with **a personality disorder, schizoaffective disorder or schizophrenia** are unlikely to gain benefit from the programme. **We cannot accept referrals for patients who are under 18.**

Contact details and further information:

0333 800 9404

tnu-tr.sleepstation@nhs.net

<https://www.sleepstation.org.uk/evidence/>