

All referrals should be sent by email to
tnu-tr.sleepstation@nhs.net

Referral To **Sleepstation**

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

0333 800 9404

Date: **DD/MM/YYYY**

Referrer Details

Referring Doctor	
GP Practice name or code	
Practice address	
Practice email address	

Patient Contact Details

FULL NAME	
Date of birth	DD/MM/YYYY
NHS number	
Address	
Home tel. number	
Mobile tel. number	
Email address	
Reason for referral / clinical notes	

Sleepstation can effectively resolve both primary and secondary insomnia. Patients waiting for treatment for depression who are also experiencing sleep problems would be good candidates. Sleepstation should be considered as an alternative to referring to a sleep clinic for CBTi. Please be advised, pregnant ladies with pregnancy related sleep issues would not be suitable candidates for this programme.

Please note, we cannot accept referrals for patients who:

- Are under 18 years old
- Are currently engaged with another CBT programme
- Are currently under the care of a psychiatrist
- Have epilepsy, bipolar disorder, mania, schizoaffective disorder, a personality disorder
- Have a history of psychosis/psychotic episode, seizures, PTSD, severe migraine or head injury
- Have very severe untreated generalised anxiety (this should be addressed first)
- Have been diagnosed with a circadian rhythm disorder
- Works variable shifts, shifting between day and night regularly
- Do not have regular access to the internet