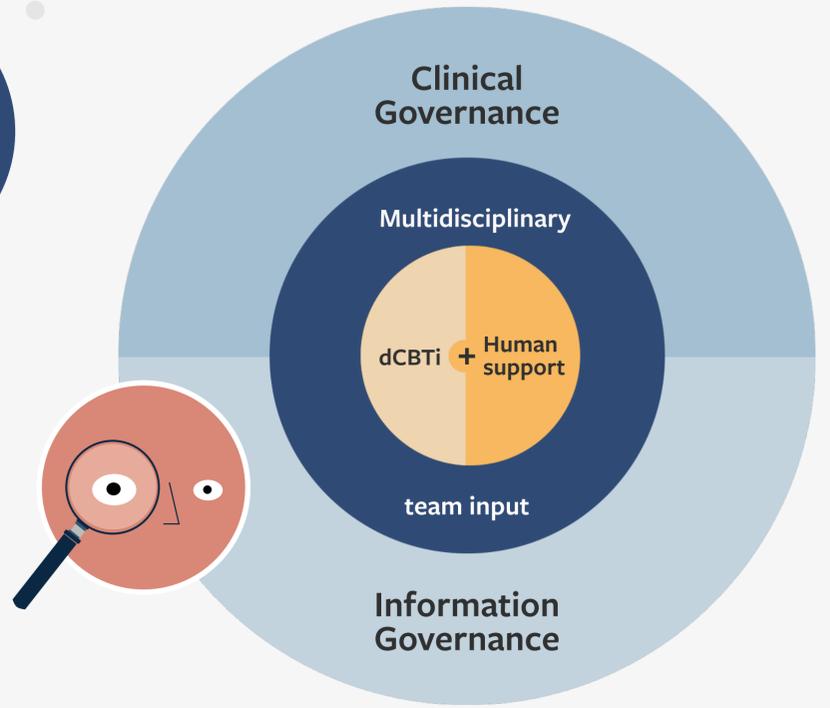


Sleepstation - Digital service overview



Sleepstation delivers effective and uniquely personalised remote care at scale to support insomnia recovery.

Delivered via a multi-disciplinary team and underpinned by powerful technology, its digital care pathway and person-centred approach incorporates dedicated, proactive human support.



The digital care pathway

Clinical referral

- 1 Referral received
- 2 Referral **screened and processed** within 2 working days
- 3 Referrer notified of accepted referrals within 3 working days of referral

Signposting

- 1 Individual **signposted** to Sleepstation

Self-referral

- 1 Individual **self-refers** (telephone or online)
- 2 Self-referral **screened and verified** within 2 working days
- 3 GP practice notified within 3 working days of self-referral

Onboarding support

- 1 Individual contacted by preferred method (telephone, email or text) within 1 working day
- 2 Access provided immediately (no waiting lists)

Sleep and wellbeing assessment

- 1 Sleep and wellbeing assessment (10-15 mins)
- 2 Detailed sleep review (over 7 days)
- 3 Report (provided within 24 hours of completed sleep review)
- 4 Result (access to therapy available straightaway to those suitable, others are notified and signposted, where relevant)

Screening & onward signposting

- 1 Individuals are notified if Sleepstation is not deemed suitable for them and provided with an explanation and the opportunity to discuss/review the decision.
- 2 Where appropriate, individuals are **signposted to other suitable services**

Sleep support

- 1 CBTi provided when the individual accepts the offer
- 2 Outcome reported when the individual completes the course or finishes early
- 3 Follow up at 3 months, 6 months and 12 months
- 4 Discharge after 3-month follow-up (if no further support is required)

