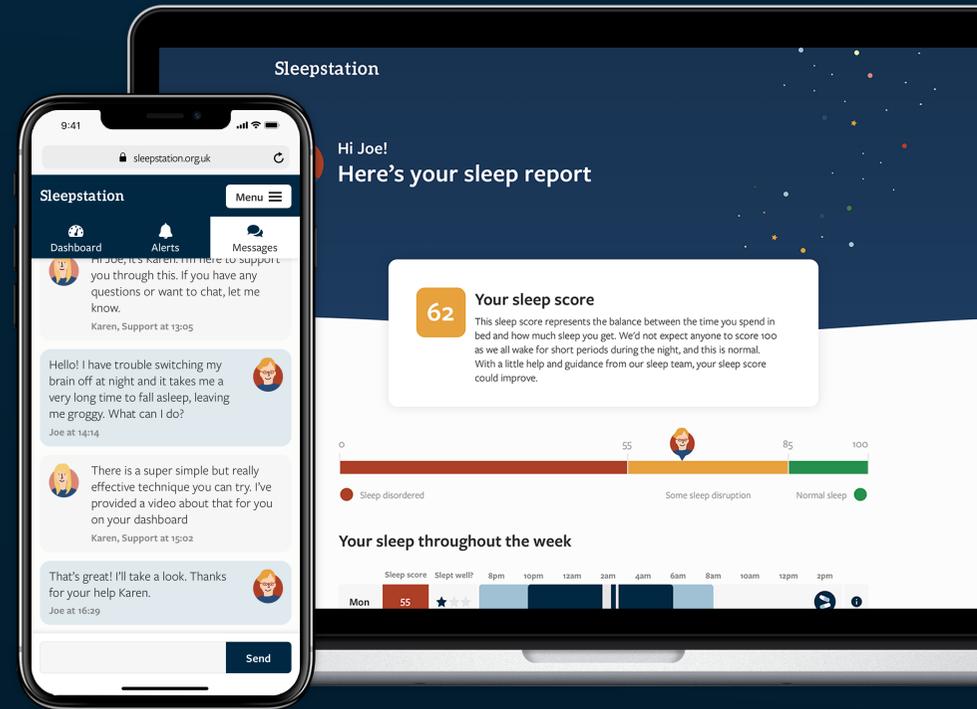


Sleepstation

How Sleepstation works

Overview of the steps involved



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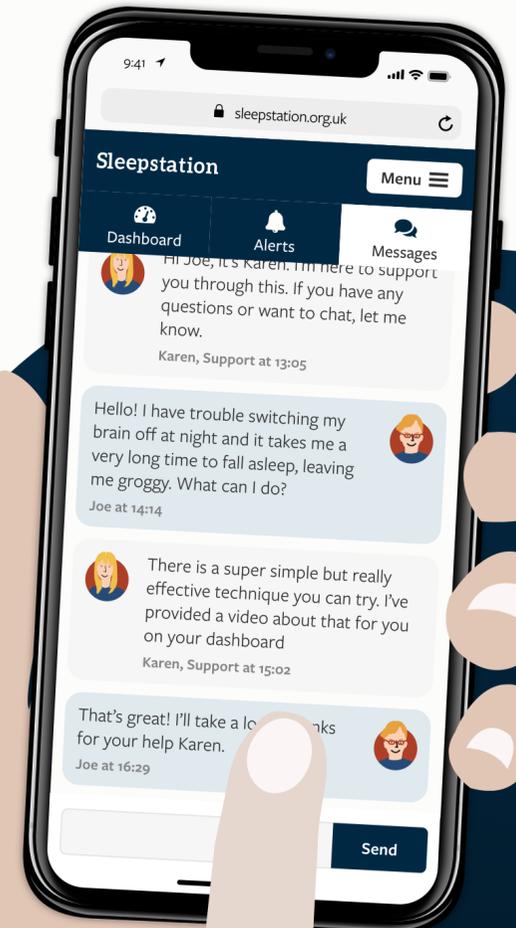
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Getting started

- 1 Users start by creating an account
- 2 They then complete an initial assessment comprising a series of questionnaires about their sleep and other aspects of health and wellbeing.
- 3 From this point, they have access to our secure messaging service and can discuss anything with our support team.

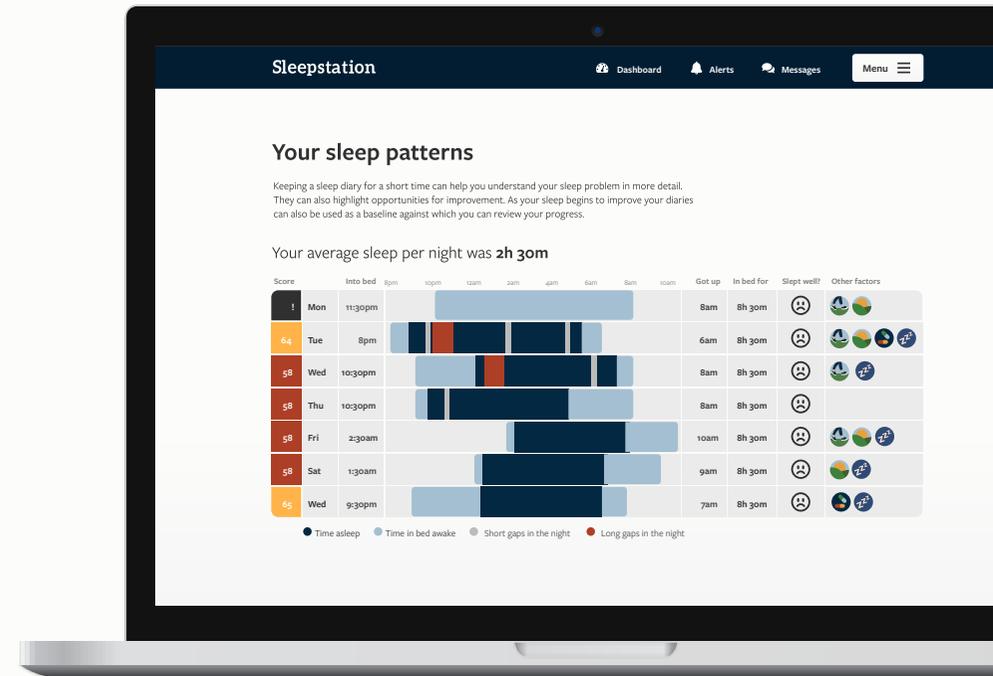
Note: Our support team is comprised of sleep coaches, sleep therapists and sleep experts and overseen by a medical doctor and consultant psychiatrist.

- 4 Our support team proactively engage with users throughout their time with Sleepstation to provide encouragement and guidance.



Detailed sleep review

- 1 Users are required to complete seven sleep diaries for review.
- 2 Each time they complete a sleep diary, they receive a sleep tip. These tips are provided to ensure that the person has the basics in place as a starting point.
- 3 Throughout the process, they have unlimited access to a range of sleep resources.
- 4 They can choose to complete one introductory session during the sleep review phase.
- 5 Sleep diary data is reviewed and analysed. A report containing insights into how the person is sleeping and feeling is then provided along with guidance around next steps.
- 6 If it's thought that the person would benefit from the Sleepstation therapy programme, they are enrolled at this stage. Typically, around 65% of people would benefit from access to the full programme.



Sleep improvement programme

- 1 Users continue to complete daily sleep diaries for the duration of their time on the programme.
- 2 They have continued access to our secure messaging service, allowing them to discuss their plan, obtain advice and chat with their support team.
- 3 Sleep coaches will continue to proactively engage with users to review progress and provide encouragement and guidance.
- 4 Users can also track their own progress via a range of charts and tracking tools.
- 5 Each week, users unlock a new sleep improvement session tailored to them. Each session outlines tools and techniques that can be used to control and improve sleep.



Results

Most people see improvements in their sleep after just three sessions.

In addition to sleep improvement sessions, users also complete weekly wellbeing checkups and, if relevant, are provided with appropriate guidance (which can include signposting to other services).

Most people complete all six sleep improvement sessions during the therapy phase as well as six progress reviews.

In the final session, each person is provided with a personalised report outlining their progress and relevant next steps.



Nishma

34, from Bilston

“The programme is great. For a severe insomniac with fibromyalgia, I never thought my sleep would ever improve but I'm finally sleeping through the night. The support from the team is unbelievable. They're ready to reassure and support you through even the worst days. The resources are great too. For future patients - be open and just be patient, you'll likely fall off the wagon several times but you will get back on and you will be supported to do so!”