

Your steps to better sleep

Assessment and screening

Find out what's going wrong with your sleep and how to fix it.

- 1 **Short online assessment.** 10-15 mins.
- 2 **Detailed sleep review.** 5 mins per day for seven days.
- 3 **Personalised sleep report.** Provided within 24 hours of a complete sleep review.

Sleep improvement programme

Through your online account, you'll have access to advice from leading sleep experts.

- 1 **Access to therapy.** Immediate access if you have insomnia symptoms and no other concerns.
- 2 **Personalised sleep plan.** A multi-step sleep recovery plan with advice from real sleep experts.
- 3 **Weekly sessions.** 20-30 mins per week, complete at home in your own time.
- 4 **Confidential support.** Frequent support from your sleep coaches via our secure messaging system.
- 5 **Online progress tracker.** Record digital sleep diaries to pinpoint problems and track your progress.
- 6 **Restored sleep.** Fall asleep faster, stay asleep longer, get better quality sleep.

Sleepstation



Struggling with your sleep and not sure how to fix it? You're not alone and we can help.

Sleepstation combines psychology and sleep science with dedicated support to help people get great sleep. Designed by experts, backed by science and delivered with care, a Sleepstation account gives you all the tools and guidance you need to restore your sleep.

Your sleep needs are as individual as you are, so our service is tailored just for you. Through your online account, you'll have access to advice from leading sleep experts and ongoing support from your personal sleep coaches.

Most people need just 4-6 weeks of support to restore their sleep. There are no waiting lists, you can start as soon as you're ready.

