

Your steps to better sleep

Assessment and screening

Create a free Sleepstation Hub account to 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**
- 2 Personalised sleep plan**
- 3 Weekly sessions to restore your sleep**



**Sleepstation
CBTi therapy**

Private access: £295

Employee access:
Free!

Sleepstation