

The PCN has commissioned [Sleepstation](https://www.sleepstation.org.uk) to offer our patients NHS free access to improving their sleep problems.

With **NO WAITING LISTS** and the ability to support large numbers of NHS patients, Sleepstation aims to achieve reliable outcomes with long-lasting benefits. Sleepstation helps people identify the underlying causes of their sleep problems and provides the support and guidance needed to improve sleep. Their online service is a proven alternative to clinic-based sleep services and their uniquely personal approach is what makes Sleepstation so effective.

87%

of NHS patients who engage with Sleepstation's CBTi programme sleep better within 3-4 weeks.



<http://sleepstation.org.uk/articles/sleep-science/online-sleep-clinic/>

To self-refer: https://www.sleepstation.org.uk/nhs_options/

or call 0333 800 9404

