

Sleepstation

Access to therapy

A step-by-step guide to accessing Sleepstation and what to expect at every part of the journey. This document covers how to get started, completing a sleep review and the structure of our sleep therapy.



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How users get access to therapy

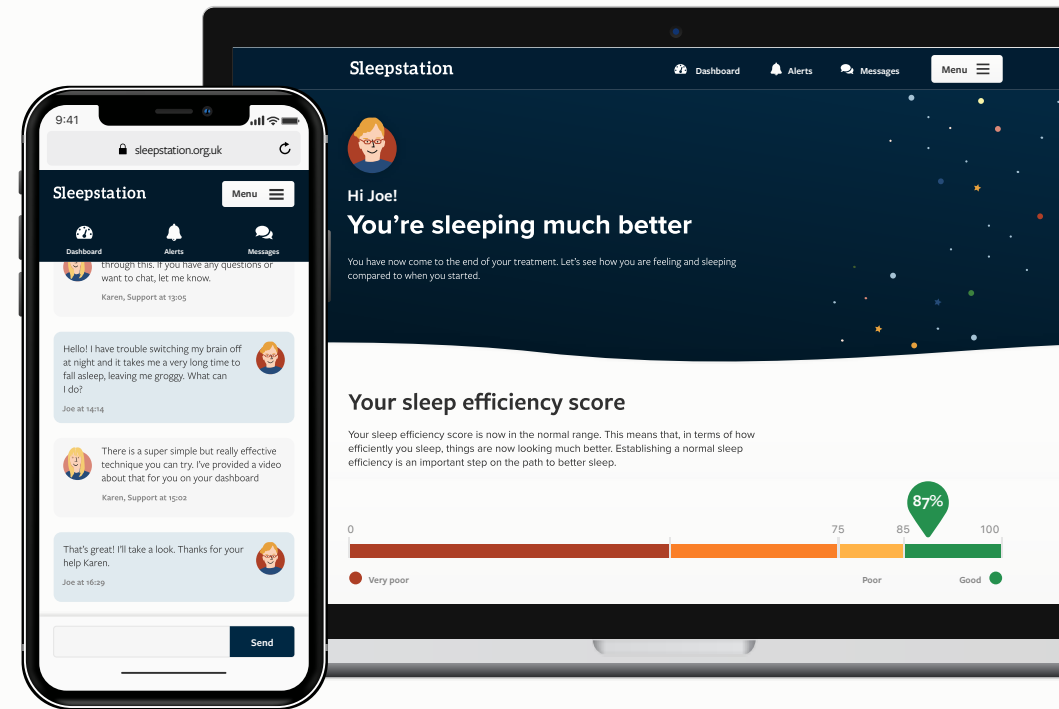
The first step is a detailed assessment and sleep review which allows us to determine who would benefit from our online sleep therapy and then tailor the programme to address individual needs and unique circumstances.

The next step is therapy. A personal sleep plan is created for each user, based on information collated during their sleep review.

These steps are outlined in more detail on the following pages.

Most people complete at least three sessions and the course can last for up to eight weeks, depending on the needs and circumstances of the individual.

Our advanced technology allows us to **deliver a supported service at scale. There are no waiting lists** and users can start as soon as they're ready.



Getting started

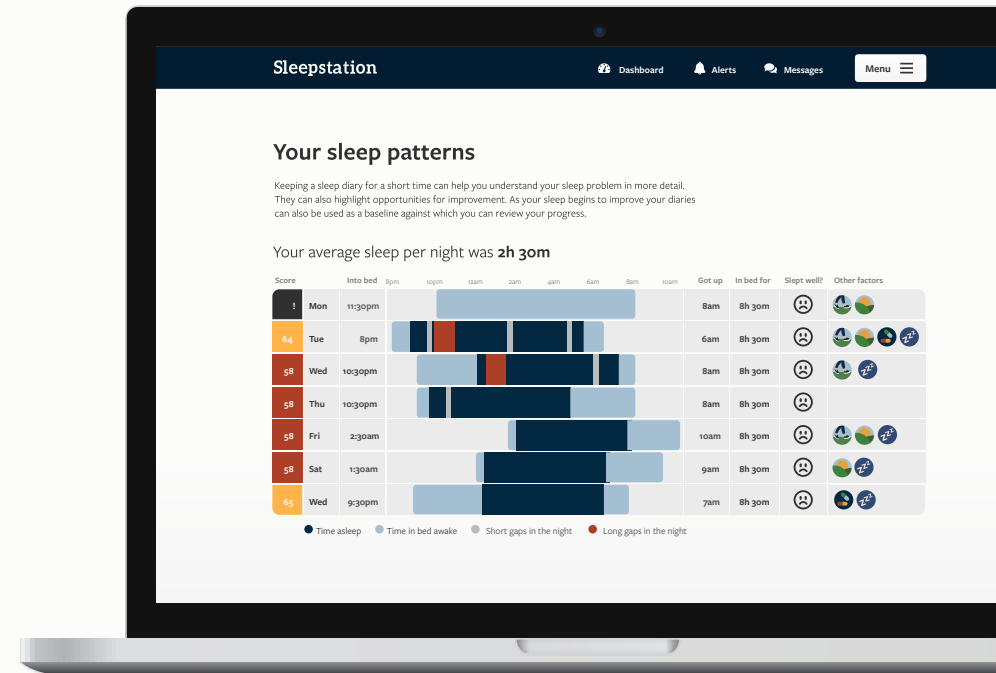
- 1 Users start by creating an account.
- 2 They then complete an initial assessment comprising a series of questionnaires about their sleep and other aspects of their health and wellbeing.
- 3 From this point, they have access to our secure messaging service and direct communication with our support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

Note: our support team is comprised of sleep coaches, sleep therapists and sleep experts and is overseen by a clinician.
- 4 Our support team proactively engages 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 the 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 therapy

- 1 Users continue to complete daily sleep diaries for the duration of their time on the programme.
- 2 They have continual 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.

