

Why you have been asked to see your doctor before continuing.

The most important thing in providing the right treatment for a sleep disorder is making an accurate diagnosis.

Based on the answers you've given us, it may be that the first thing that needs addressing to help with your insomnia is **Restless Legs Syndrome**. This might require certain medication being stopped, and other medication started. However, Restless Legs Syndrome is common and many patients may have it to a minor degree but also have other factors contributing to their insomnia that would benefit from our therapy. All we ask is that before you receive our therapy you visit your doctor to discuss this before continuing with the treatment.

If your doctor feels that he/she is happy for you to continue with our online therapy course then please log back into your account after you have seen your doctor to let us know and continue.

You might want to print out this PDF and take it with you to your doctor. (note there are two pages to this document).

Information for your doctor

Your patient is exploring the possibility of using a well validated approach for insomnia based around cognitive behavioural therapy. Your patient has indicated they may have symptoms of Restless Legs Syndrome. This can be a principal cause of insomnia and is treated either by addressing any underlying condition, stopping exacerbating medications or starting beneficial medications. Low ferritin levels may also exacerbate Restless Legs Syndrome.

However, Restless Legs Syndrome is common and many patients may have it to a minor degree but have other factors contributing to their insomnia that would benefit from our therapy, in which case we would be happy for them to continue.

About Sleepstation

Sleepstation is an online version of the therapy which our sleep doctors use in clinic to treat patients with insomnia. The programme is delivered by Dr Kirstie Anderson. Dr Anderson runs the Neurology Sleep Service in Newcastle with a clinical and research interest in all the sleep disorders including insomnia, hypersomnia and parasomnias. She has more than 10 years experience of treating several thousand patients with sleep disorders, within one of the largest sleep centres in the country.

Sleepstation

How it Works:

1. We use validated sleep questionnaires and also ask some specific questions regarding the nature of the sleep complaint to find out whether or not the patient has insomnia that would benefit from a personalised cognitive behavioural therapy sleep plan.
2. If we feel that the patient has typical insomnia, we would progress them to the therapy.
3. Sleep diaries are a core element of our therapy and provide an evidence based method of recording sleep on a night by night basis. This data is key to understanding the type of sleep disturbance your patient has and allowing us to design an individual therapy plan.
4. We will use the information in the sleep diaries to compute and design a personalised sleep therapy to improve their sleep. This includes sleep hygiene, sleep restriction, stimulus control therapy and articulatory suppression.

Contact information for GPs

If you would like to ask specific questions regarding the therapy, or would like to discuss offering this service to your NHS patients, please contact nhs@sleepstation.org.uk

