

Sleepstation

User stories

This document contains quotes from past users whose lives have been changed for the better with Sleepstation. Feel free to share their success stories with your audiences, but please make sure to use them verbatim.



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Patient stories



Becky

27, from Poole

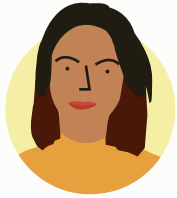
“Thank you all so much for your help and support over the last 7 or 8 weeks. It has really helped me. **I feel I fall asleep sooner than I used to and feel more relaxed when I go to bed.** I do struggle some days to fall asleep and I do struggle getting up so early on my days off. But, I feel that if I continue with going to bed fairly early, I'll be okay. **Having you to help me and guide me has been brilliant** and I really appreciate all of the help I have received.”



Joe

35, from Yorkshire

“My experience has been incredibly positive. **The help and support has been superb** and it really helps that there are a number of sleep professionals on hand who answer any questions or concerns I have really quickly. **I have also learnt a lot** and I feel there are lots of techniques and exercises I can take away and put to good use going forward. I especially like the insights section of my online profile, as it's really handy to see how I have progressed over the weeks/months.”



Nishma

34, from Bilston

“The programme is great. For a severe insomniac with fibromyalgia I never thought my sleep would ever improve. I still have a way to go but I'm finally sleeping through the night. **The support from the team is unbelievable.** They're ready to reassure and support you through even the worst days. The resources are great too. For future users be open and just be patient. The therapy may be tough to begin with and, like me, you'll likely fall off the wagon several times but you will get back on and you will be supported to do so!”



Benjamin

22, from Leeds

“It has been comforting to have a set plan that is regularly checked. The sleep restriction plan has definitely helped my sleep efficiency. **Really useful therapy, with great communication, help and guidance.**”



Mike

40, from Tyne and Wear

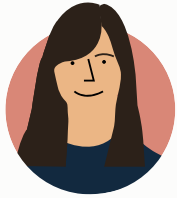
“This has been really helpful and **I have tried many things to try and help with my sleep over the years but none have come close to helping in the way that this has.** I completed this whilst working in a hospital during a pandemic and think that I would not have been able to do this with another programme. So a big thank you to all the team for your help and support.”



Lee

32, from Torquay

“Absolutely loving the support. It’s honestly the most secure I’ve felt during any form of treatment for my condition. **I’m more confident in Sleepstation than I have been in any other process and I’ve tried everything!** I wish I found you guys when my sleep problems started in 2012.”



Lauren

27, from London

“Thank you for the help you have provided me. **You genuinely don't know how much this programme has helped me and my health.** I honestly believe I can use these techniques for the rest of my life. Thank you so much.”



Iryna

55, from Edinburgh

“I can see the positive changes in my sleeping patterns. **My energy level and enthusiasm has increased.** I worry less about unimportant things. I would never have achieved this without these great people at Sleepstation, the professionals and my sleep coaches who supported me through my sessions. I learned good techniques to overcome sleep problems. **I would recommend Sleepstation to everyone because it works. It really does!**”



Cynthia

52, from Carlisle

“I feel that the programme has really helped. I’m sleeping much better and practise the plans I have learnt. **I’m much happier and don’t worry about sleep anymore.** Thanks again”



Emma

49, from Cheshire

“This might sound dramatic but **Sleepstation has changed my life.** I have tried everything in the past 20 years to sort out my sleep but nothing has worked long term. **Thank you so much for your support and 100% effective treatment.** I really cannot thank you enough.”