

# Your steps to better sleep

## Assessment and screening

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**

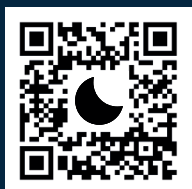


**Sleepstation  
CBTi therapy**

Private access: £295

NHS access:

**Free!**



**Sleepstation**