

Patient pathway

Clinical referral

- 1 Referral received
- 2 Referral is **screened and processed** within 2 working days
- 3 Patient **access is provided within 3 days** of referral

Signposting

- 1 Patient is **signposted** to Sleepstation

Self referral

- 1 Patient **self-refers** (telephone or online)
- 2 Self-referral is **triaged and verified** within 2 working days
- 3 Patient **access is provided** and GP practice is **notified** within 3 working days of self-referral

Assessment

- 1 **Sleep and wellbeing assessment** (10-15 mins)
- 2 **Detailed sleep review** (over 7 days)
- 3 **Report** (provided within 24 hours of completed sleep review)
- 4 **Result** (access to therapy available straightaway to those suitable, others are signposted)

Therapy

- 1 **Therapy provided** when the patient accepts the offer
- 2 **Outcome reported** when the patient completes the course or finishes early
- 3 **Follow up** at 3 months and 6 months
- 4 **Discharge** after follow up if no further support is required

