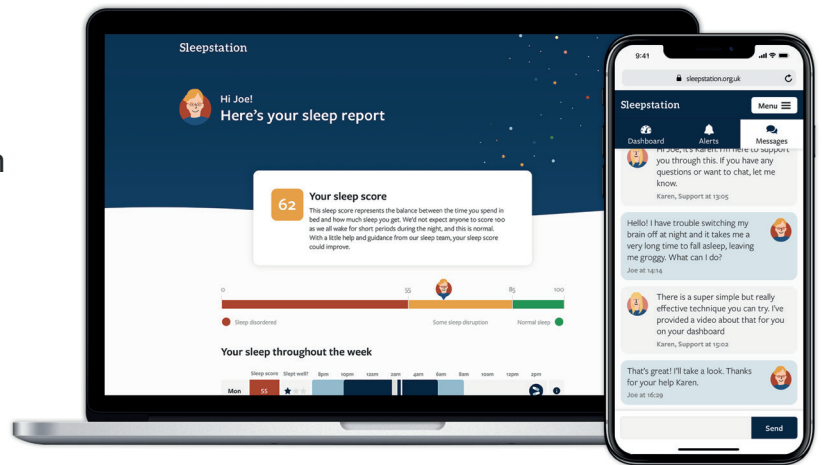


# Are you struggling with your sleep and not sure how to fix it?

- ✓ Dedicated personalised support
- ✓ Highly-effective, drug-free solution
- ✓ Reach your individual sleep goals
- ✓ Expert ongoing guidance
- ✓ Long-lasting results
- ✓ No waiting list

Sleepstation combines psychology and sleep science with dedicated support to help people get great sleep.



## Fix your sleep problem

- 1 Get access**  
Select the service that fits your needs and create your account.
- 2 Identify your sleep problem**  
Your sleep coaches will work with you to pinpoint your sleep problem.
- 3 Discover your sleep needs**  
Your sleep needs are as individual as you are. We'll help you create a plan.
- 4 Reach your sleep goals**  
We'll show you how to apply the science, taking into account your needs.



**Adam**  
24, IT Engineer

**“Absolutely life-changing,** my stress levels have dramatically dropped. **My performance at work is better and my mood has improved hugely.** I’m finding it easier to settle down and relax.”

### Sleep quality

Before Sleepstation **62%**



After four sessions **95%**



**Don't sleep on it.  
Start today!**



Providing NHS services

To find out more scan the QR or visit:  
[sleepstation.org.uk/nhs\\_options/](https://sleepstation.org.uk/nhs_options/)

**Sleepstation**