

Referral Guide

Deep Sleep Health provides comprehensive, clinically validated Cognitive Behavioural Therapy for Insomnia (CBT-I) – the frontline treatment for insomnia. Our stepped care model offers flexible support tailored to each person.

What we offer

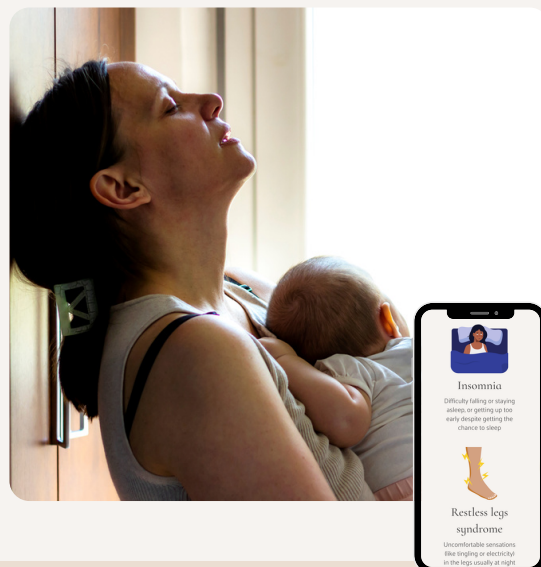
- 1 Free Resources** Educational handouts, practical sleep strategies, screening tools and guides for specialised populations
- 2 Digital Programs** Our **Better Sleep Program** is a self-paced, digital CBT-I program. Available standalone or alongside Medicare-rebated consultations.
- 3 Telehealth Consultations** Available Australia-wide. Rebates of at least \$149.05 per consult with a Mental Health Care Plan. Includes free access to the **Better Sleep Program**.

Who to refer

- Insomnia
- Poor sleep associated with anxiety or depression
- Circadian disruption or shift work
- Sleep apnea or co-existing chronic illness

How to refer

- Book directly at deepsleephealth.com.au
- Medicare rebates offered via Mental Health Care Plan
- Email referrals to: hello@deepsleephealth.com.au



Dr Sumedha Verma, PhD

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Academic (Digital Health) – La Trobe University
Research Committee Member – Australasian Sleep Association