

SMS to patient:

Dear **Ms. Example Patient**,

You have an appointment booked at **Example GP Practice**, at **Example time, date**.

Our records show that you have been prescribed **Example Medication**, **Prescription Frequency** in the past 12 months.

If you suffer from insomnia symptoms, please ask your GP about a current trial including free access to an online 6-week insomnia-treatment program “Sleepio”. Click here [**link to website with below information**] to find out more.

Thank you,
Clinic Name

Further website information:

Thank you for showing interest in this research trial of the **online insomnia treatment program “Sleepio”**.

We want to help you stay well. An important part of staying well is to sleep well without the use of sleeping tablets.

Our records show that you have received a number of prescriptions for Sleeping Tablets in the past 12 months.

A growing body of evidence suggests that if these medications are used for long periods, they can have harmful side effects, including anxiety symptoms, impaired memory and sleep problems, and they can be addictive. We do not recommend long-term use.

We are writing to ask you to consider cutting down your dose of tablets and perhaps stopping them completely at some time in the future. As each person is different, we would like to discuss this with you in person during the upcoming appointment.

If you are interested, we can organise free access to a 6-week online Insomnia treatment program “Sleepio” to improve your sleep, and reduce your need for sleeping tablets over time (www.sleepio.com). If you are interested, **please speak to your GP at your upcoming GP appointment. They can organise a referral to the Sleepio program.**

Research trial conducted by; The Adelaide Institute for Sleep Health: Flinders University, Contact: Dr Alexander Sweetman, alexander.sweetman@flinders.edu.au.

