



Dear Doctor,

Thank you for considering the Insomnia Treatment Program (ITP) at the Adelaide Institute for Sleep Health for your patient. In order for your patient to access the full treatment program at reduced cost please complete the following:

1. A mental health care plan, specifying a referral to a psychologist at the Adelaide Institute for Sleep Health for **six sessions** (for full completion of the ITP). Insomnia treatment is an indicated disorder for the MHCP. Please be sure to indicate your provider number.
2. If your patient has not had a sleep study in the last 12 months, please complete a second referral to Sleep Physician Dr Robert Adams at the Adelaide Institute for Sleep Health.
3. If your patient has completed a sleep study within the last 12 months, please include a copy of the sleep study report and any relevant correspondence between yourself and the sleep physician.

Thank you for your cooperation.

Kind regards,

The ITP Team at Flinders University