



# Care City Digital Prescribing Pilot

## PATIENT INFORMATION SHEET

### Sleepio, a smartphone app designed to help adults who have difficulty falling asleep through the night

*Your participation is totally voluntary. If you do not wish to participate, your choice will not affect any other services we provide to you. You can withdraw your consent at any time.*

#### INTRODUCING CARE CITY

Care City is a healthy ageing innovation centre based in Barking, jointly founded by North East London NHS Foundation Trust and the London Borough of Barking and Dagenham.

#### ABOUT SLEEPPIO

We are part of a programme being run by NHS England that is testing new ways of improving and providing care for patients and staff. We are working with GP practices in Barking and Dagenham to test the use of a Smartphone app, Sleepio to manage sleeping difficulties or insomnia and we would like you to be involved. Sleepio is a 6 week digital programme designed to help people with poor sleep and can help to relieve low mood.

The programme is delivered by The Prof, your personal sleep expert and uses a variety of proven methods including sleep diaries, sleep hygiene, sleep restriction, and other Cognitive Behavioural Therapy techniques.



[www.carecity.london](http://www.carecity.london)

## WHAT WILL HAPPEN DURING THIS PILOT?

### PRESCRIPTION OF APP

You will receive information about Sleepio from a member of your GP practice team like your health care assistant (HCA), nurse or GP.



STEP 1

### REGISTERING WITH SLEEPIO

You will create an account on the Sleepio website.



STEP 3

### BOOK AN APPOINTMENT

You will need to book a face to face or telephone 12 week follow up appointment with your HCA.



STEP 5

STEP 2



### BOOK AN APPOINTMENT

To sign up to Sleepio you will need to book a face to face appointment with your HCA.

STEP 4



### 3 WEEK CHECK-IN

You will be contacted by a HCA from your practice over the telephone to discuss your progress with Sleepio.

STEP 6



### 12 WEEK FOLLOW UP

This appointment will be with your HCA over the phone or face to face depending on your preference to discuss your progress with Sleepio.



### In studies, Sleepio was found to help people with poor sleep on average:

- Fall asleep up to **54%** faster
- Spend **62%** less time awake at night
- Boost daytime energy and concentration by up to **58%**

Source: [https://go.bighealth.com/sleepio\\_nhs](https://go.bighealth.com/sleepio_nhs)

## WHAT ARE WE DOING WITH THE DATA WE COLLECT?

We are working with Nuffield Trust who will use de-identified data to assess:

- How many people use Sleepio
- What the outcomes of using Sleepio are
- Whether the service is good value for the NHS, both by way of your experience and the cost of running the service.

All data used to answer these questions will only be de-identified and anonymous results.



## SHARE YOUR VIEWS & EXPERIENCE

We are interested in hearing your experience and views of using this service.

If you would be happy to share your experiences and any ideas for improvement, please call Julie Atkins on 0300 300 1548 or email [julie.atkins@nelft.nhs.uk](mailto:julie.atkins@nelft.nhs.uk)



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# Evaluating the Care City Test Bed

## PATIENT INFORMATION SHEET

The Nuffield Trust is an independent research organisation that has been asked to evaluate how well this pilot has worked.

### WHY DO WE WANT YOU TO TAKE PART?

As part of our evaluation we would like to understand the views and experiences of people using the technology including:

- how it was introduced,
- support given in using it and
- whether it was helpful.

This will help the NHS use technology to benefit people in the future. Taking part in the evaluation is not a requirement. You are still welcome to participate in the pilot, without participating in the evaluation.

### WHAT WILL TAKING PART INVOLVE?

If you agree to take part, we will send you a short online survey to complete at a time convenient to you at the end of the intervention. We may also contact you for a telephone interview, which would take around 30 minutes. You will not have to talk about something if you do not want to, and can stop the interview at any time. If you agree, we will audio-record the discussion so we do not miss anything. Everything you say is anonymous, unless you tell us something that indicates that you or someone else is at risk of harm. We would discuss this with you before telling anyone else.

We would also like to see how you are supported to use the technology. This would involve a member of the Nuffield Trust team sitting in on an appointment you have with a healthcare professional where you talk about the technology and how to use it/how you are experiencing it. This is also optional and we will only do this with your express permission. The purpose is to see how the process of introducing and using the technology is working, rather than anything personal to you or your condition. Any sensitive information would be treated in the strictest confidence, and no personal information will be used in our report.

At the end of the project we will write a report. We would like to use quotes in our reports but everything we write will be anonymous and you will never be named. All of our results will be put on the Nuffield Trust website: [www.nuffieldtrust.org.uk](http://www.nuffieldtrust.org.uk). We may also publish our research in other publications such as academic journals.

### YOUR RIGHT TO WITHDRAW

Participation in this study is voluntary, and you are free to withdraw from the study at any time, even after you have been interviewed or completed a survey. If you would like to see a transcript of the interview, the study team would be happy to provide this. Contact the study team to arrange this (see details on next page).

## PROTECTING YOUR DATA

Interview recordings will be transcribed by a third party based in the UK. In line with the Nuffield Trust's research guidelines, these recordings will be sent and stored securely with access restricted and only processed in the UK, and will be retained for two years after the end of the project before being destroyed. Nobody other than the transcribers and the research team will have access to your interview, survey or observation data.

Full details of your rights are available from:

**[www.nuffieldtrust.org.uk/resource/privacy-notice](http://www.nuffieldtrust.org.uk/resource/privacy-notice)**

If you lodge a complaint about the use or storage of your data with the Nuffield Trust but are not content with the outcome, you may apply directly to the Information Commissioner for a decision (available at The Information Commissioner's Office, Wycliffe House, Water Lane, Wilmslow, Cheshire, SK9 5AF, 0303 123 1113) or make a complaint to the Charities Commission.

The Data Controller, responsible for keeping your information secure in relation to the above services is:

The Nuffield Trust for Research and Policy Studies  
in Health Services  
59 New Cavendish Street  
London W1G 7LP  
0207 631 8450

## FURTHER INFORMATION AND CONTACT DETAILS

More information about the study is available from:

**[www.nuffieldtrust.org.uk/project/care-city](http://www.nuffieldtrust.org.uk/project/care-city)**

If you have any queries about your participation or the wider research project, please do not hesitate to contact:

### **Chris Sherlaw-Johnson**

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