Someone.health

Referring patients with sleep problems to a psychologist

A one-page guide to psychology referrals for adults with persistent sleep difficulties.

01 Before you refer

- ☐ **Sleep pattern** - onset, waking overnight, early waking.
- ☐ **Duration + impact** - frequency; mood, function, daytime risk.
- ☐ **Other contributors** - anxiety, pain, medicines, alcohol or substances.
- ☐ **Possible apnoea** - snoring, breathing pauses, daytime sleepiness.
- ☐ **Risk + safety** - assess immediate concerns.

02 Choose the pathway

Consider psychology when

Persistent insomnia (CBT-I first line)
Distress or functioning requires support
Patient preference and clinical fit align

Consider another pathway when

Suspected sleep disorder needs investigation
Acute or high-risk presentation
Telehealth is unsuitable or unsafe

03 In the treatment plan

Presenting concerns
Sleep pattern and functional impact

Clinical formulation
Mental health diagnosis, comorbidity and risk

Treatment goals
Meaningful sleep and mental health outcomes

Management + review
Treatment, support and follow-up

04 Include in the referral

The treatment plan is not the referral

Better Access requires a separate valid referral

- ☐ Patient name, DOB and address
- ☐ Diagnosis or symptoms, and current medicines
- ☐ Number of sessions requested
- ☐ MHTP status
- ☐ Relevant risk and clinical context
- ☐ Signed and dated by referring practitioner

05 Send the referral

Practice Software: HealthLink, Medical Objects, Best Practice, Medical Director, ZedMed

Email: referrals@someone.health

Fax: (02) 8367 5101

06 Patient access + cost

Bulk-billed for eligible Medicare patients

No gap fee. Up to 10 individual Better Access sessions per calendar year.

Patients can choose from available psychologists via the Someone.health website booking portal.

What happens after you refer

01 Receive
Referral + MHTP received.

02 Assess fit
Clinical + admin checks.

03 Begin care
Patient contacted and therapy begins.

04 Report back
Feedback after each course with progress reports.

Questions about a referral? Call 1300 546 821 or email team@someone.health

Based on the 2026 Australian joint position statement on adult insomnia (Sweetman et al., Sleep Advances) and the Better Access fact sheet for professionals (Department of Health). General information for GPs. Please check current MBS requirements.