

## **FOI 0316/2023 Response**

### **Request**

Under the Freedom of Information Act I would like to request the following information:

1. In your NHS Trust, how many patients have been seen with insomnia over the last 12 months?
2. Does your NHS Trust currently offer face-to-face Cognitive Behavioural Therapy for Insomnia for people experiencing chronic insomnia symptoms?
3. Has your NHS Trust previously offered face-to-face Cognitive Behavioural Therapy for Insomnia for people experiencing chronic insomnia symptoms, but now no longer do so?
4. Does your NHS Trust currently offer or signpost to digital Cognitive Behavioural Therapy for Insomnia for people experiencing chronic insomnia symptoms?
5. Has your NHS Trust previously offered or signposted to digital Cognitive Behavioural Therapy for Insomnia for people experiencing chronic insomnia symptoms, but now no longer do so?
6. Within your NHS Trust, could you provide a figure for how many referrals were made to Cognitive Behavioural Therapy for Insomnia services within the last 12 months that you have figures for?

### **Response**

The Trust do not specifically provide interventions for people with a main presenting problem of insomnia.

Our primary and secondary care mental health services do not provide interventions for people with a main presenting problem of insomnia.

We can provide information about sleep hygiene to those who present with sleep difficulties in our secondary care services and in our Talking Therapy Services.

However, Insomnia would be a secondary issue and not the main presenting complaint. We would therefore ask the GP to refer an individual to their associated sleep clinic.