

FOI 0378 2024 Response

Request

We are an NHS provider of sleep services. It would be useful for us to know if your area has a specification for sleep services? To whom should we address any correspondence to and who would be responsible for such a specification and budget? Thank you for your assistance with this information, we hope to be a helpful resource to your ICB in the future.

Clarification: Sleep Medicine is delivered as part of a mental health service as it is not solely confined to sleep breathing disorders.

Is there a treatment pathway for insomnia for example?

Response

The Trust do not explicitly provide intervention for people with a main presenting problem of insomnia.

Sleep issues are often associated with common mental health problems, and we do offer sleep hygiene for this.

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.

The support we do offer is not a stand-alone intervention for insomnia, but part of the therapy delivered for common mental health issues/ provision for comorbidity with a pre-existing mental health condition.

Please note that Birmingham Healthy Minds (BHM) offers sleep hygiene, as appropriate, as part of the interventions for depression and the range of anxieties. We will also work with sleep and nightmares within a trauma intervention.