

## FOI 085/2025 Response

We're looking to conduct FOI requests with NHS trusts regarding prescriptions issued for sleep medications in the UK. For example, how many prescriptions were issued for sleep medications (e.g. Zopiclone, melatonin) in the last 5 years

1. Total number of sleep disorders recorded in the last five years (broken down by year) and split by age range

Age Band	FY 20202021	FY 20212022	FY 20222023	FY 20232024	FY 20242025	Grand Total
<16	3	9	2	2	0	16
16-19	6	15	6	10	20	57
20-24	9	11	14	11	25	70
25-29	8	18	20	27	29	102
30-34	19	22	20	22	29	112
35-39	21	17	31	27	32	128
40-44	18	10	16	29	27	100
45-49	15	24	25	31	30	125
50-54	13	18	18	35	37	121
55-59	13	13	18	34	32	110
60-64	10	6	18	17	29	80
65-69	8	4	12	17	24	65
70-74	3	7	11	5	14	40
75-79	2	5	2	2	10	21
80-84	5	3	1	4	7	20
85 plus	7	3	0	3	3	16
Total	160	185	214	276	348	1,183

Note: Instances of sleep disorders are identified by either a diagnosis recorded or a referral to sleep disorders service that has not been rejected

2. The total number of drug prescriptions issued for the following sleep disorders in the past five years (broken down by year and by drug type e.g. Melatonin, Benzodiazepines, Z-drugs)

The Trust is unable to provide the requested information.

To provide a comprehensive response, the Trust would need to carry out an exhaustive manual searches through a large cohort data. Thus exceeding the threshold to complete the task.

The Trust therefore rely on exemption Section 12 of the Freedom of Information Act 2000 to deny this aspect of your request.

However, we can confirm the following drugs have been prescribed in the past five years.

Product
Clonazepam
Daridorexant
Dexamfetamine Sulfate
Lorazepam
Melatonin
Methylphenidate Hydrochloride
Mirtazapine
Modafinil
Nitrazepam
Sodium Oxybate
Temazepam
Trazodone Hydrochloride
Zolpidem Tartrate
Zopiclone

**3. The total number of patients referred to non-drug treatments, such as CBT-I**

Treatment	FY 20202021	FY 20212022	FY 20222023	FY 20232024	FY 20242025	Grand Total
CBTI	25	76	44	49	34	228
Circadian realignment	1	8	1	4	2	16
Grand Total	26	84	45	53	36	244

Note: Recording methods were improved during 2020, and so the 2020/21 figures are known to be lower as a result.