

Reference Number: FOIAH2324/373
From: Commercial
Date: 10 October 2023
Subject: Insomnia treatment pathways

- Q1 In your NHS Trust, how many patients have been seen with insomnia over the last 12 months?
- A1 Information not held – The Trust does not record the number of patients with insomnia.
- Q2 Does your NHS Trust currently offer face-to-face Cognitive Behavioural Therapy for Insomnia for people experiencing chronic insomnia symptoms?
- A2 No
- Q3 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?
- A3 No
- Q4 Does your NHS Trust currently offer or signpost to digital Cognitive Behavioural Therapy for Insomnia for people experiencing chronic insomnia symptoms?
- A4 No
- Q5 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?
- A5 No
- Q6 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?
- A6 Information not held – the Trust does not offer this service