

FOI_1377_2023-24 – FOI Request Insomnia Pathway

1. In your NHS Trust, how many patients have been seen with insomnia over the last 12 months?

27 patients were 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?

Yes.

We offer individual guided face-to-face or remote CBT-I, computerised Silvercloud for insomnia and the CBT-I remote group.

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?

No, we have been offering it in the past and do so currently.

4. Does your NHS Trust currently offer or signpost to digital Cognitive Behavioural Therapy for Insomnia for people experiencing chronic insomnia symptoms?

No, we have been offering it in the past and do so currently.

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?

have been offering it in the past and do so currently.

No, we

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?

33 referrals were made for Insomnia Services in the last 12 months.