

Freedom of Information Request

Ref: 23-770

18 October 2023

By Email

Dear Sir/Madam

Thank you for your request for information under the Freedom of Information Act 2000. The Trust's response is as follows:

- We can confirm that we do hold the information you are requesting

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

We don't accept referrals for insomnia.

2. Does your NHS Trust currently offer face-to-face Cognitive Behavioural Therapy for Insomnia for people experiencing chronic insomnia symptoms?

No

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.

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

Yes

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?

No.

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?

Referrals are not formal so numbers of requests are not recorded.

This concludes our response. We trust that you find this helpful, but please do not hesitate to contact us directly if we can be of any further assistance.

If, after that, you are dissatisfied with the handling of your request, you have the right to ask for an internal review. Internal review requests should be submitted within two months of the date of receipt of the response to your original letter and should be addressed to:

Data Protection Officer
University Hospitals Bristol and Weston NHS Foundation Trust
Trust Headquarters
Marlborough Street
Bristol
BS1 3NU

Please remember to quote the reference number above in any future communications.

If you are not content with the outcome of the internal review, you have the right to apply directly to the Information Commissioner for a decision. The Information Commissioner can be contacted at: Information Commissioner's Office, Wycliffe House, Water Lane, Wilmslow, Cheshire, SK9 5AF

Publication

Please note that this letter and the information included/attached will be published on our website as part of the Trust's Freedom of Information Publication Log. This is because information disclosed in accordance with the Freedom of Information Act is disclosed to the public, not just to the individual making the request. We will remove any personal information (such as your name, email and so on) from any information we make public to protect your personal information.

To view the Freedom of Information Act in full please click [here](#).

Yours sincerely

Freedom of Information Team
University Hospitals Bristol and Weston NHS Foundation Trust