

Freedom of Information Request

Ref: 25-658

2 September 2025

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 some of the information you are requesting
- **Total number of sleep disorders recorded in the last five years (broken down by year) and split by age range - I have attached a spreadsheet with the full list.**

Age Group					
Year	0-17	18-29	30-44	45-64	65+
2020	0	57	204	467	157
2021	0	44	232	399	140
2022	0	54	292	575	200
2023	*	117	497	860	303
2024	0	163	668	1155	393

Please note: Where the figures are between 1 and 5, this has been denoted by *. Due to the low numbers, we have considered that there is the potential for individuals to be identified from the information provided, when considered with other information that may also be in the public domain. In our view disclosure of these low figures would breach one of the Data Protection Principles set out in Schedule 1 of the Data Protection Act, namely Principle 1. The Trust therefore finds that the Section 40(2) exemption contained within the Freedom of information Act 2000 is engaged. This follows NHS Digital (formerly HSCIC) analysis guidance (2014) which states that small numbers within local authorities, wards, postcode districts, providers and Trusts may allow identification of patients and should not be published.

- **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)**

We are unable to provide this information; we cannot break down drug prescriptions by condition.

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

The only CBT-i service in the region is an online service called Silver Cloud. We direct patients to refer themselves so do not make any referrals directly.

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**