

Freedom of Information Request

Reference Number: [EPUT.FOI.23.3183](#)
Date Received: [11th of October 2023](#)

Information Requested:

Under the Freedom of Information Act I would like to request the following information:

1. In your NHS Trust, how many patients have been seen with insomnia over the last 12 months?
[7](#)
2. Does your NHS Trust currently offer face-to-face Cognitive Behavioural Therapy for Insomnia for people experiencing chronic insomnia symptoms?
[As insomnia is not depression or an anxiety disorder, and whilst it may feature as a symptom of depression or anxiety it is not treated as a stand-alone condition. Therefore we do not provide Cognitive Behavioural Therapy for insomnia in isolation](#)
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?
[Please see response to question 2.](#)
4. Does your NHS Trust currently offer or signpost to digital Cognitive Behavioural Therapy for Insomnia for people experiencing chronic insomnia symptoms?
[Please see response to question 2.](#)
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?
[Please see response to question 2.](#)
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?
[Please see response to question 2](#)

Publication Scheme:

As part of the Freedom of Information Act all public organisations are required to proactively publish certain classes of information on a Publication Scheme. A publication scheme is a guide to the information that is held by the organisation. EPUT's Publication Scheme is located on its Website at the following link
<https://eput.nhs.uk>