

Reference: FOI.ICB-2324/451

Subject: Referrals for Sleep Disorders

I can confirm that the ICB does hold some of the information requested; please see responses below:

QUESTION	RESPONSE
Q1) What specialist NHS referral services are provided for people suffering from sleep disorders (such as sleep apnoea, narcolepsy, insomnia)?	<p>UHBW (University Hospitals Bristol and Weston NHS Foundation Trust) run a breathing related sleep clinic that covers conditions such as sleep apnoea. Further information can be found here: https://www.uhbristol.nhs.uk/patients-and-visitors/your-hospitals/bristol-royal-infirmary/what-we-do/sleep-and-home-ventilation-unit/sleep-patients/</p> <p>NBT (North Bristol NHS Trust) Neuropsychiatry department run a sleep clinic covering conditions such as narcolepsy, parasomnias and circadian rhythm disorders. Information can be found here: https://www.nbt.nhs.uk/clinicians/services-referral/neuropsychiatry-clinicians/sleep-disorders-referral#:~:text=Sleep%20Disorders%20Clinic,and%20recommendations%20for%20outpatient%20treatment.</p> <p>There is no commissioned service within BNSSG for treatment of insomnia.</p>
Q2) For each of the last five calendar years (2019, 2020, 2021, 2022, 2023) how many adults were referred to these specialist	This would need to be obtained from the providers.

<p>clinics? What were the five most common conditions that were being treated?</p>	<p>NBT): https://www.nbt.nhs.uk/about-us/information-governance/freedom-information/request-information</p> <p>UHBW: https://www.uhbw.nhs.uk/p/how-we-use-your-data/freedom-of-information-foi-requests</p>
<p>Q3) For each of the last five calendar years (2019, 2020, 2021, 2022, 2023) how many children were referred to these specialist clinics? What were the five most common conditions that were being treated?</p>	<p>N/A – the sleep clinics listed above do not accept referrals for paediatric patients.</p>
<p>Q4) How many adults and children needed inpatient care for sleep disorders and what was the average stay?</p>	<p>Please refer to question 2.</p>
<p>Q5) What was the budget allocated each year for specialist sleep treatment centres?</p>	<p>Please refer to question 2.</p>
<p>Q6) For all of the above please provide a regional/localised breakdown where possible, as well as gender and age group.</p>	<p>Please refer to question 2.</p>

The information provided in this response is accurate as of 22 February 2024 and has been approved for release by Rosi Shepherd, Chief Nursing Officer for NHS Bristol, North Somerset and South Gloucestershire ICB.