

Reference: FOI.ICB-2526/101

Subject: Sleep Medication and/or Sleep Treatments

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

QUESTION	RESPONSE
<p>1. Please provide the total amount spent (in GBP) on sleep-related medication prescriptions for each of the past five calendar years</p> <ul style="list-style-type: none"> Prescriptions can include, but are not limited to: Melatonin, Zopiclone, Zolpidem, Temazepam, Amitriptyline, etc 2020, 2021, 2022, 2023, 2024 and partial data for 2025 if available 	<p>This information is available from Home OpenPrescribing - noting that a search will likely be required for the relevant medicine and then by sub ICB location.</p> <p>This link may also be useful: All chemicals OpenPrescribing</p>
<p>2. Please provide the total amount spent (in GBP) on sleep-related treatments, outside of medication, for each of the past five calendar years</p> <ul style="list-style-type: none"> Sleep-related treatments can include, but are not limited to: Cognitive Behavioural Therapy for Insomnia (CBT-I), Sleep hygiene education, Relaxation techniques, Stimulus control therapy, Sleep restriction therapy, etc 	<p>Please refer to requesters template enclosed.</p>

3. If held, the total number of patients who have received sleep-related medication or treatments for each of the past five calendar years
- 2020, 2021, 2022, 2023, 2024 and partial data for 2025 if available

Total number of patients prescribed a medication from the hypnotics group in the BNF and/or daridorexant is below:

2020	2021	2022	2023	2024	2025 (to 7 th July 25)
28,764	28,316	25,993	24,722	23,508	15,629

This data is for BNSSG GP practices only. The ICB does not hold this data for other providers (e.g. trusts or community provider). In addition, the ICB does not hold data on indication therefore, this may include patients where the medicine is used for a different indication.

The information provided in this response is accurate as of 17 July 2025 and has been approved for release by Dr Joanne Medhurst, Chief Medical Officer for NHS Bristol, North Somerset and South Gloucestershire ICB.

Year	Total amount spent (in GBP) on sleep-related medication prescriptions
2020	This information is available from Home OpenPrescribing
2021	
2022	
2023	
2024	
2025	

Year	Total amount spent (in GBP) on sleep-related treatments, outside of medication
2019/20	1,162,778
2021/22	656,281
2022/23	2,365,795
2023/24	2,101,794
2024/25	2,180,482

Year	Total number of patients who have received sleep-related medication or treatments
2020	28,764
2021	28,316
2022	25,993
2023	24,722
2024	23,508
2025*	15,629

*to 7th July 25