

Reference: FOI.ICB-2627/164

Subject: Sleep Medicine Commissioning and Hypnotic Prescribing

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

QUESTION	RESPONSE
1. Hypnotic Prescribing Data (BNF 4.1.1): For the most recent 24-month period available, please provide: a. The total number of prescription items dispensed for drugs within BNF 4.1.1 (Hypnotics) b. The total Net Ingredient Cost (NIC) for these items. • Ideally, please provide this data broken down by month and by Index of Multiple Deprivation 2025 (IMD) decile of the registered population. • Where a full decile-level breakdown is not held, I would be grateful for the data at GP practice level (from which I can derive the deprivation linkage myself) and/or by Sub-ICB Location (SICBL). • Where your ICB was established in April 2026 from predecessor ICBs, please provide the breakdown by predecessor ICB and/or Sub-ICB Location where held, so that the data can be aligned to a consistent geography.	Data not currently held at this level, however data on number of items and cost at ICB level is available to the enquirer in the public domain via Open Prescribing analyse function Analyse OpenPrescribing. This data is also available at practice level for example, see: Analyse OpenPrescribing
2. Specialist Sleep Referrals: What is the median and longest wait time (in weeks) for a patient to have their first outpatient appointment at a specialist Sleep Medicine clinic following a GP referral during the calendar year 2025?	The ICB does not hold this information. We advise you to contact the Trusts directly, as follows: North Bristol NHS Trust (NBT): https://www.nbt.nhs.uk/about-us/information-governance/freedom-information/request-information

	University Hospitals Bristol and Weston NHS Foundation Trust (UHBW): https://www.uhbw.nhs.uk/p/how-we-use-your-data/freedom-of-information-foi-requests
3. CBT-i Commissioning: a. Does the ICB currently commission a dedicated Digital Cognitive Behavioural Therapy for Insomnia (dCBT-i) pathway (e.g., Sleepio, Sleepstation) or a face-to-face CBT-i service that is distinct from general Talking Therapies/IAPT? b. If so, please provide the name of the service provider and the current contract end date.	Please refer to our Remedy page for guidelines, pathways and management of Insomnia: Insomnia (Remedy BNSSG ICB)
4. Health Inequality Comparison: If a full decile breakdown at question 1 is not possible, does the ICB at least hold data comparing the volume of BNF 4.1.1 prescriptions between the most deprived decile and the least deprived decile of the population (based on the Index of Multiple Deprivation 2025)? If yes, please provide these figures.	Data is not currently held at this level. IMD 2025 score for practices is available in the public domain via Fingertips see: Fingertips Department of Health and Social Care which can be used alongside the Openprescribing information mentioned above.

The information provided in this response is accurate as of 23 July 2026 and has been approved for release by Dr Aananthakrishnan Raghuram, Chief Clinical Leadership and Delivery Officer (Medical) for NHS Bristol, North Somerset and South Gloucestershire ICB.