

## Cognitive Behavioural Therapy for Insomnia

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Reference Number: RDF1957-23

Date of Response: 08/11/23

Further to your Freedom of Information Act request, please find the Trust's response(s) below:

Please be aware that the Royal Devon University Healthcare NHS Foundation Trust (Royal Devon) has existed since 1<sup>st</sup> April 2022 following the integration of the Northern Devon Healthcare NHS Trust (known as Northern Services) and the Royal Devon and Exeter NHS Foundation Trust (known as Eastern Services).

*Dear Royal Devon University Healthcare NHS Foundation Trust,*

*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?*

Answer: 51 Patients between 01/09/2022 and 30/09/2023.

- 2. Does your NHS Trust currently offer face-to-face Cognitive Behavioural Therapy for Insomnia for people experiencing chronic insomnia symptoms?*

Answer: No.

- 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?*

Answer: No.

- 4. Does your NHS Trust currently offer or signpost to digital Cognitive Behavioural Therapy for Insomnia for people experiencing chronic insomnia symptoms?*

Answer: For Royal Devon's Eastern Services: Yes. Northern Services: Not consistently.

- 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?*

Answer: For Royal Devon's Eastern Services: Continues to refer for Cognitive Behavioural Therapy for Insomnia. Northern Services: No.

- 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?*

Answer: The Trust does not hold the Information in a reportable format.