

Trust Headquarters
Russells Hall Hospital
Dudley
West Midlands
DY1 2HQ

Ref: FOI-062025-0001656

Date: 25.6.25

Address / Email:

Dear

Request Under Freedom of Information Act 2000

Thank you for requesting information under the Freedom of Information Act 2000.

We’re looking to conduct FOI requests with NHS trusts regarding prescriptions issued for sleep medications in the UK. For example, how many prescriptions were issued for sleep medications (e.g. Zopiclone, melatonin) in the last 5 years

1. Total number of sleep disorders recorded in the last five years (broken down by year) and split by age range - I have attached a spreadsheet with the full list.

Please find below – answer for question 1. Attached are the ICD-10 codes used to search for data, mapped against the ICD-10M codes provided by the requestor (please note there is no cross map for the below 2 sleep disorders so I have been unable to search for them)

Inadequate sleep hygiene [12, 13]	Z72.821	NO CROSSMAP
Sleep talking [127, 128]	R29.81	NO CROSSMAP

	Age Ranges		
Years	0-15	16-64	65+
2020-2021	146	815	670
2021-2022	132	752	736
2022-2023	131	999	1050
2023-2024	150	1653	1567
2024-2025	229	2136	1851

2. The total number of drug prescriptions issued for the following sleep disorders in the past five years (broken down by year and by drug type e.g. Melatonin, Benzodiazepines, Z-drugs)

- **Information not recorded by drugs and disease**

3. The total number of patients referred to non-drug treatments, such as CBT-I – **Information not held**

If you are dissatisfied with our response, you have the right to appeal in line with guidance from the Information Commissioner. In the first instance you may contact the Information Governance Manager of the Trust.

Information Governance Manager
Trust Headquarters
Russell's Hall Hospital
Dudley
West Midlands
DY1 2HQ
Email: dgft.dpo@nhs.net

Should you disagree with the contents of our response to your appeal, you have the right to appeal to the Information Commissioners Office at.

Information Commissioners Office
Wycliffe House
Water Lane
Wilmslow
Cheshire
SK9 5AF
Tel: 0303 123 1113
www.ico.org.uk

If you require further clarification, please do not hesitate to contact us.

Yours sincerely

Freedom of Information Team
The Dudley Group NHS Foundation Trust