

Our Reference North East and North Cumbria ICB\
FOI ICB 25–130

North East and North Cumbria ICB
Pemberton House
Colima Avenue
Sunderland Enterprise Park
Sunderland
SR5 3XB

Tel: 0191 512 8484
E-mail: nencicb.foi@nhs.net

By Email

15 July 2025

Dear Applicant

Freedom of Information Act 2000 – Request for Information – NHS North East and North Cumbria Integrated Care Board (NENC ICB)

Thank you for your request received on 3 July 2025 for information held by NHS North East and North Cumbria Integrated Care Board (the ICB) under the provisions of the Freedom of Information Act 2000. The ICB covers the areas of County Durham, Newcastle Gateshead, North Cumbria, North Tyneside, Northumberland, South Tyneside, Sunderland, and Tees Valley.

Please find the information you requested on behalf of the ICB as follows.

Your Request

I am writing to request information under the Freedom of Information Act 2000.

The purpose of this request is to gather data on the cost incurred for prescribing sleep medication and/or sleep treatments within the ICB boundary. Specifically, I am seeking anonymised data on the following:

1. Please provide the total amount spent (in GBP) on sleep-related medication prescriptions for each of the past five calendar years
 - 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
2. Please provide the total amount spent (in GBP) on sleep-related treatments, outside of medication, for each of the past five calendar years
 - 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

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

I would like you to provide the information in the following format:

- Please provide the information in electronic format, preferably as an Excel spreadsheet or CSV file.
- Please use this template where possible to ensure consistency and ease of data extraction. Please avoid sending PDFs or Word documents.

If you are unable to provide the specified information:

- If you are unable to provide the specified information exactly as requested, please prioritise point 1 (medication costs), provide *any* data you have that is relevant to the request and explain why the other information cannot be provided.
- If it is not possible to provide the information requested due to the information exceeding the cost of compliance limits identified in Section 12, please provide advice and assistance, under the Section 16 obligations of the Act, as to how I can refine my request.

Our Response

We can confirm, as per Section 1(1) of the Freedom of Information Act 2000, the ICB does hold the information requested.

1. The total prescribing spend on medications commonly associated with sleep disorders (e.g. melatonin, zopiclone, zolpidem, temazepam, amitriptyline, etc.) can be accessed publicly via the OpenPrescribing website, which provides comprehensive, anonymised prescribing cost data for all NHS GP practices and organisations in England.

You can explore this information using the following link: <https://openprescribing.net/> From there, you can:

- Filter by ICB (select "North East and North Cumbria ICB")
- Search by medication (BNF chemical name)
- Select time periods by calendar month or year
- View and export cost/spend data by drug

As this information is publicly available, in accordance with s.21 of the FOIA, we are not required to provide information in response to a request if it is reasonably accessible to you by other means.

2. With regard to the spend on non-medication-based sleep treatments (e.g. CBT-I, sleep hygiene education, relaxation techniques), this information is not held by NENC ICB.

These types of services, if commissioned, are typically managed under:

- Mental health commissioning
- Primary care psychological therapy services (IAPT/Healthy Minds)
- Sleep clinics under secondary care providers

In accordance with our duty under s.16 of the FOIA to provide reasonable advice and assistance to an individual requesting information, we have provided the FOI email addresses for acute foundation trusts in the NENC ICB region to make your request.

NENC Acute Hospital FTs	Email
County Durham and Darlington NHS FT	cdda-tr.cddftfoi@nhs.net
Gateshead Health NHS FT	ghnt.foi.enquiries@nhs.net
North Cumbria Integrated Care NHS FT	foirequest@cumbria.nhs.uk
North Tees and Hartlepool NHS FT	foi@nth.nhs.uk
Northumbria Healthcare NHS FT	foi@northumbria.nhs.uk
South Tees Hospitals NHS FT	foi@stees.nhs.uk
South Tyneside and Sunderland NHS FT	stsft.freedomofinformation@nhs.net
The Newcastle upon Tyne Hospitals NHS FT	nuth.freedom.information@nhs.net

3. NENC ICB does not hold patient-level data on the number of individuals receiving sleep-related prescriptions or therapies. Prescribing data available to us is anonymised and reported at practice or ICB level only, in line with NHS England's data handling and confidentiality standards. We do not hold data for:

- The number of unique patients receiving sleep medication
- The number of patients accessing non-pharmacological sleep treatments

In accordance with the Information Commissioner's directive on the disclosure of information under the Freedom of Information Act 2000 your request will form part of our disclosure log. Therefore, a version of our response which will protect your anonymity will be posted on the NHS ICB website <https://northeastnorthcumbria.nhs.uk/>.

If you have any queries or wish to discuss the information supplied, please do not hesitate to contact me on the above telephone number or at the above address.

If you are unhappy with the service you have received in relation to your request and wish to request a review of our decision, you should write to the Senior Governance Manager using the contact details at the top of this letter quoting the appropriate reference number.

If you are not content with the outcome your review, you do have the right of complaint to the Information Commissioner as established by section 50 of the Freedom of Information Act 2000. Generally, the Information Commissioner cannot make a decision unless you have exhausted the ICB's complaints procedure.

The Information Commissioner can be contacted at Information Commissioner's Office, Wycliffe House, Water Lane, Wilmslow, Cheshire, SK9 5AF or www.ico.org.uk.

Any information we provide following your request under the Freedom of Information Act will not confer an automatic right for you to re-use that information, for example to publish it. If you wish to re-use the information that we provide and you do not specify this in your initial application for information then you must make a further request for its re-use as per the Re-Use of Public Sector Information Regulations 2015 www.legislation.gov.uk. This will not affect your initial information request.

Yours faithfully

Information Governance Support Officer

**Information Governance Support Officer
North East and North Cumbria Integrated Care Board**