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NG17 4JL

21st August 2025

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[REDACTED]

Dear Sir/Madam

Freedom of Information Act (FOI) 2000 - Request for Information Reference:
Prescriptions issued for sleep medications in the UK

I am writing in response to your request for information under the FOI 2000.

I can confirm in accordance with Section 1 (1) of the Freedom of Information Act 2000 that we do hold some of the information you have requested. A response to each part of your request is provided below. Please accept our sincere apologies for the delay.

Home, Community, Hospital.

FOI Request / Question	Question Response							Is there an exemption?	Exemption	Exemption Details
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.	Age Groups	2020	2021	2022	2023	2024	2025			
	Under 18	56	105	116	112	125	78			
	18-21	1	2	5	6	4	3			
	22-29	5	6	5	5	12	7			
	30-39	2	10	9	8	19	10			
	40-49	2	8	7	9	17	10			
	50-59	1	10	14	16	18	11			
	60-69	4	15	10	16	18	9			
	70-79	2	5	7	7	17	10			
	80-89	2	5	8	4	14	12			
	90-99		1	2	3	1	2			
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)	Drugs Issued	2020	2021	2022	2023	2024	2025			
	CHLORAL HYDRATE	0	0	0	0	0	8			
	MELATONIN	26	56	75	92	103	45			
	NITRAZEPAM	0	0	0	0	1	0			
	TEMAZEPAM	0	1	2	0	0	0			
	ZOLPIDEM	1	0	0	0	1	0			
	ZOPICLONE	0	5	7	3	2	1			

3. The total number of patients referred to non-drug treatments, such as CBT-I	<p>Information not held. Sherwood Forest Hospitals do not have a commissioned service for insomnia therefore do not treat insomnia patients with non-drug treatments.</p> <p>Under Section 16 of the Act we have a duty to provide advice and assistance. Please contact Nottingham University Hospitals NHS Trust FOI@nuh.nhs.uk who may hold this information.</p>			
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I trust this information answers your request. Should you have any further enquiries or queries about this response please do not hesitate to contact me. However, if you are unhappy with the way in which your request has been handled, you have the right to ask for an internal review. Internal review requests should be submitted within two months of the date of receipt of the response to your original letter and should be addressed to: Sally Brook Shanahan, Director of Corporate Affairs, King's Mill Hospital, Mansfield Road, Sutton in Ashfield, Nottinghamshire, NG17 4JL or email sally.brookshanahan@nhs.net.

If you are dissatisfied with the outcome of the internal review, you can apply to the Information Commissioner's Office, who will consider whether we have complied with our obligations under the Act and can require us to remedy any problems. Generally, the Information Commissioner's Office cannot decide unless you have exhausted the internal review procedure. You can find out more about how to do this, and about the Act in general, on the Information Commissioner's Office website at: <https://ico.org.uk/your-data-matters/official-information/>.

Complaints to the Information Commissioner's Office should be sent to FOI/EIR Complaints Resolution, Information Commissioner's Office, Wycliffe House, Water Lane, Wilmslow, Cheshire, SK9 5AF. Telephone 0303 1231113, email casework@ico.org.uk.

If you would like this letter or information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call us on 01623 672232 or email sfh-tr.foi.requests@nhs.net.

Yours faithfully

Information Governance Team

All information we have provided is subject to the provisions of the Re-use of Public Sector Information Regulations 2015. Accordingly, if the information has been made available for re-use under the [Open Government Licence](#) (OGL) a request to re-use is not required, but the licence conditions must be met. You must not re-use any previously unreleased information without having the consent from Sherwood Forest Hospitals NHS Foundation Trust. Should you wish to re-use previously unreleased information then you must make your request in writing. All requests for re-use will be responded to within 20 working days of receipt.