

Our Ref: NG/RM/25192
Date: 16th June 2025

Nicola Griffiths
Deputy Director of Governance
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Lawton House
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ST4 8HH

Reception: 0300 123 1535

Dear

Freedom of Information Act Request

I am writing in response to your e-mail of the 22nd May 2025. Your request has been processed using the Trust's procedures for the disclosure of information under the Freedom of Information Act (2000).

Requested information:

We are 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

- 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. **Data not held.**
- 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).

Please see Appendix 1 attached.

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

The Trust does not have any specific pathways for sleep disorders. Although we would prescribe for issues with sleep in general, it would be extremely difficult to provide information requested.

If you are dissatisfied with the handling of your request, you have the right to ask for an internal review of the management of your request. 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: Dr Buki Adeyemo, Chief Executive, North Staffordshire Combined Healthcare Trust, Trust Headquarters, Lawton House, Bellringer Road, Trentham, ST4 8HH. If you are not content with the outcome of the internal review, you have the right to apply directly to the Information Commissioner for a decision.

The Information Commissioner can be contacted at: Information Commissioner's Office,
Wycliffe House, Water Lane, Wilmslow, Cheshire, SK9 5AF.

Yours sincerely



Nicola Griffiths
Deputy Director of Governance

Due to the way our reporting systems work, we have had to split the numbers into OUTPATIENT (given by calendar years) and LEAVE / DISCHARGES (given by financial years).

Data for Leaves/Discharges for financial year 20-21

Melatonin (all) = 87

Benzodiazepines (temazepam, nitrazepam, oxazepam) = 11

Zopiclone / Zolpidem = 108

Outpatient Prescriptions for calendar year 2020

Melatonin (all) = 270

Benzodiazepines (temazepam, nitrazepam, oxazepam) = 88

Zopiclone / Zolpidem = 544

Data for Leaves/Discharges for financial year 21-22

Melatonin (all) = 74

Benzodiazepines (temazepam, nitrazepam, temazepam) = 11

Zolpidem / Zopiclone = 93

Outpatient Prescriptions for calendar year 2021

Melatonin (all) = 272

Benzodiazepines (temazepam, nitrazepam, temazepam) = 77

Zolpidem / Zopiclone = 586

Data for Leaves/Discharges for financial year 22-23

Melatonin (all) = 75

Benzodiazepines (temazepam, nitrazepam, temazepam) = 8

Zolpidem / Zopiclone = 94

Outpatient Prescriptions for Calendar Year 2022

Melatonin (all) = 284

Benzodiazepines (temazepam, nitrazepam, temazepam) = 92

Zolpidem / Zopiclone = 582

Data for Leaves/Discharges for financial year 23-24

Melatonin (all) = 102

Benzodiazepines (temazepam, nitrazepam, temazepam) = 14

Zolpidem / Zopiclone = 131

Outpatient Prescriptions for Calendar Year 2023

Melatonin (all) = 331

Benzodiazepines (temazepam, nitrazepam, temazepam) = 40

Zolpidem / Zopiclone = 619

Data for Leaves/Discharges for financial year 24-25

Melatonin (all) = 91

Benzodiazepines (temazepam, nitrazepam, temazepam) = 5

Zolpidem / Zopiclone = 154

Outpatient Prescriptions for Calendar Year 2024

Melatonin (all) = 337

Benzodiazepines (temazepam, nitrazepam, temazepam) = 32

Zolpidem / Zopiclone = 586

Outpatient Prescriptions for Calendar year 2025, Jan-March

Melatonin (all) = 79

Benzodiazepines (temazepam, nitrazepam, temazepam) = 12

Zolpidem / Zopiclone = 123