

Freedom of Information Request: Our Reference CTMUHB_391_24

You asked:

I am writing to you under the Freedom of Information Act 2000 to request the following information from your organisation. Please may you provide me with an answer to the following in relation to sleep and/or insomnia:

1. Treatment Pathway:

- What is the treatment pathway for sleep and/or insomnia within your organisation? Please provide detailed information for both acute and chronic insomnia, including any specific protocols or guidelines followed.

2. Formal Strategy or Plan:

- Does your organisation have a formal strategy or plan aimed at improving sleep and/or managing insomnia? If so, please could you share this document or provide detailed information on its key components and objectives?

3. Programs or Initiatives:

- What specific programs or initiatives has your organisation implemented to address sleep and insomnia? Please provide detailed information for both acute and chronic insomnia, including program names, objectives, target populations, and outcomes if available.

4. Data Collection:

- Does your organisation collect data or statistics related to sleep and/or insomnia? If so, what metrics are tracked? Please provide relevant metrics and any available data for both acute and chronic insomnia, including prevalence rates, treatment outcomes, and patient satisfaction if available.

5. Responsible Personnel:

- Who in your organisation would hold responsibility for:
 - Clinical leadership around sleep services and/or insomnia (including chronic insomnia)?
 - Commissioning of sleep services and/or insomnia (including chronic insomnia)?
- Please provide the name, position, and contact details where possible.

6. Additional Information:

- Are there any collaborations or partnerships with external organisations or research institutions aimed at improving sleep health or addressing insomnia? If so, please provide details of these collaborations, including their goals and any outcomes achieved so far.

Our response:

We can confirm that the Health Board does not hold the information that you require.

We do not have any specific treatments/pathways/strategies/programs/data for patients with insomnia. Within Mental Health, insomnia is usually treated as a symptom of a particular condition, i.e. depression.

If a patient were suffering from insomnia, they would typically be seen/treated by their GP.