

Our Reference North East and North Cumbria ICB\
FOI ICB 26–192

North East and North Cumbria ICB
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By Email

3 August 2026

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 16 July 2026 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

Under the Freedom of Information Act 2000, I am requesting the following data regarding sleep medicine commissioning and hypnotic prescribing within the area of your Integrated Care Board (ICB).

A note on any earlier request: if your ICB or one of its predecessor organisations, prior to the April 2026 reorganisation, received a similar request from me earlier in 2026, that was a small pilot sent to a handful of ICBs to test feasibility. This is the full national round covering all ICBs in England, and I would be very grateful for your response even if a predecessor organisation replied previously, as consistent and current data across every ICB is essential to the study. I appreciate that responding takes your team time, and I am grateful for it.

1. Hypnotic Prescribing Data (BNF 4.1.1)

For the most recent 24-month period available, please provide:

- a. The total number of prescription items dispensed for drugs within BNF 4.1.1 (Hypnotics).
- b. The total Net Ingredient Cost (NIC) for these items.

Ideally, please provide this data broken down by month and by Index of Multiple Deprivation 2025 (IMD) decile of the registered population.

Where a full decile-level breakdown is not held, I would be grateful for the data at GP practice level (from which I can derive the deprivation linkage myself) and/or by Sub-ICB Location (SICBL).

Where your ICB was established in April 2026 from predecessor ICBs, please provide the breakdown by predecessor ICB and/or Sub-ICB Location where held, so that the data can be aligned to a consistent geography.

2. Specialist Sleep Referrals

What is the median and longest wait time (in weeks) for a patient to have their first outpatient appointment at a specialist Sleep Medicine clinic following a GP referral during the calendar year 2025?

3. CBT-i Commissioning:

- a. Does the ICB currently commission a dedicated Digital Cognitive Behavioural Therapy for Insomnia (dCBT-i) pathway (e.g., Sleepio, Sleepstation) or a face-to-face CBT-i service that is distinct from general Talking Therapies/IAPT?
- b. If so, please provide the name of the service provider and the current contract end date.

4. Health Inequality Comparison:

- a. If a full decile breakdown at question 1 is not possible, does the ICB at least hold data comparing the volume of BNF 4.1.1 prescriptions between the most deprived decile and the least deprived decile of the population (based on the Index of Multiple Deprivation 2025)?
- b. If yes, please provide these figures.

Response Format

I would prefer to receive this information in an electronic format, ideally as an Excel (.xlsx) or CSV file.

If it is not possible to provide all the information requested due to the cost of locating and retrieving the data (Section 12), please provide advice and assistance under your Section 16 duty as to how I can refine my request to receive the most useful data possible.

Our Response

1. We can confirm, as per Section 1(1) of the Freedom of Information Act 2000, the ICB holds some of the information you have requested. However, this is available within the NENC ICB publication scheme which can be accessed on the ICB website: [Publications scheme](#) or please refer to our previous related request, our ref: [xx] from the NENC ICB FOI Disclosure Log at: [foi-icb-26-023-response-letter.pdf](#)

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. Please refer to the response to question 1.
3. Please refer to the response to question 1.
4. Please refer to the response to question 1.

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 Information 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**