

Our Reference North East and North Cumbria ICB\
FOI ICB 26–023

North East and North Cumbria ICB
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By Email

13 May 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 20 April 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 North East and North Cumbria area.

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.
- c. Please provide this data broken down by month and, if possible, by Sub-ICB Location (SICBL).

2. Specialist Sleep Referrals

- a. 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 Spend

- a. Does the ICB 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, data regarding number of prescription items and net ingredient costs of hypnotics can be accessed publicly via the OpenPrescribing website, which provides comprehensive, anonymised prescribing 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 or individual SICBLs (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/item data by drug

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. 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, data regarding sleep specialist referrals is publicly available at [Statistics » Monthly Diagnostics Data 2025-26](#). 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.
3. The ICB does not commission a dedicated Digital Cognitive Behavioural Therapy for Insomnia (dCBT-i) pathway or a face-to-face CBT-i service distinct from general Talking Therapies/IAPT.
4. On this occasion it is not possible to provide the requested information. In line with your rights under section 1(1)(a) of the Act to be informed whether information is held, we confirm the ICB does not hold any of the information requested

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**