

1. In your NHS Trust, how many patients have been seen with insomnia over the last 12 months?	2. Does your NHS Trust currently offer face-to-face Cognitive Behavioural Therapy for Insomnia for people experiencing chronic insomnia symptoms?	3. Has your NHS Trust previously offered face-to-face Cognitive Behavioural Therapy for Insomnia for people experiencing chronic insomnia symptoms, but now no longer do so?	4. Does your NHS Trust currently offer or signpost to digital Cognitive Behavioural Therapy for Insomnia for people experiencing chronic insomnia symptoms?	5. Has your NHS Trust previously offered or signposted to digital Cognitive Behavioural Therapy for Insomnia for people experiencing chronic insomnia symptoms, but now no longer do so?	6. Within your NHS Trust, could you provide a figure for how many referrals were made to Cognitive Behavioural Therapy for Insomnia services within the last 12 months that you have figures for?
A total of 22 patients were diagnosed with insomnia within the last 12 months.	Yes.	Not applicable.	Yes.	Not applicable.	<p>The Trust has reviewed question 6 of your request for information under the Freedom of Information Act (FOI) 2000.</p> <p>Section 1(1) of the Freedom of Information Act 2000 states:</p> <p>Any person making a request for information to a public authority is entitled—</p> <p>(a) to be informed in writing by the public authority whether it holds information of the description specified in the request, and</p> <p>(b) if that is the case, to have that information communicated to them.</p> <p>East London NHS Foundation Trust does not record information on insomnia diagnosis at the point of referral and is therefore unable to provide a response.</p>