

Freedom of Information Act 2000

The Royal Cornwall Hospitals NHS Trust Response to Information request

Date Request Received: 12th June 2025

FOI Ref No 29170

Requested Information:

1. Total number of sleep disorders recorded in the last five years (please see appendix one for full list).
 - a) Broken down by calendar year
 - b) Split by age ranges: 18-24, 25-34, 35-44, 45-54, 55-64 and 65+

2. The total number of drug prescriptions issued for the following sleep disorders in the past five years
 - a) Broken down by calendar year
 - b) Broken down by the drugs listed below:
 - **Melatonin (Circadian Rhythm Sleep Disorders)**
 - Melatonin (Circadin)
 - **Benzodiazepines (short-term insomnia)**
 - Temazepam
 - Nitrazepam
 - Loprazolam
 - Lormetazepam
 - Diazepam
 - Lorazepam
 - **Z-drugs (non-benzodiazepine hypnotics)**
 - Zopiclone
 - Zolpidem
 - Zaleplon
 - **Antidepressants (off-label use for insomnia)**
 - Amitriptyline
 - Mirtazapine
 - Trazodone
 - Doxepin
 - **Antihistamines (sedating, mainly OTC)**
 - Promethazine
 - Chlorphenamine
 - Diphenhydramine
 - **For residual daytime sleepiness in sleep apnea (off-label)**

- Modafinil
- Solriamfetol
- **Other sedating medications (off-label use)**
 - Clonidine
 - Gabapentin
 - Pregabalin

3. The total number of patients referred to non-drug treatments, such as CBT-I

Response:

1. The number of inpatient spells where sleep disorders (as per supplied list (Appendix One)) were given as the primary diagnosis between 01/01/2020 and 31/05/2025 (2025 is, of necessity, a partial year) are as follows. Diagnosis codes F10-19 and R06 are not identified as sleep related so were excluded.

Code	Primary Diag	2020	2021	2022	2023	2024	2025
F51.4	Sleep terrors [night terrors]		1	1			1
F51.5	Nightmares					1	
G47.0	Disorders of initiating and maintaining sleep [insomnias]	1	1			1	
G47.1	Disorders of excessive somnolence [hypersomnias]			1			
G47.3	Sleep apnoea	69	72	95	74	117	49
G47.4	Narcolepsy and cataplexy	1					1
G47.8	Other sleep disorders	2	1			1	
G47.9	Sleep disorder, unspecified	3			1		
Grand Total		76	75	97	75	120	51

Code	Primary Diag	0-17	25-34	35-44	45-54	55-64	65+
F51.4	Sleep terrors [night terrors]	3	0	0	0	0	0
F51.5	Nightmares	0	0	0	0	0	1
G47.0	Disorders of initiating and maintaining sleep [insomnias]	0	0	1	0	1	1
G47.1	Disorders of excessive somnolence [hypersomnias]	0	0	0	1	0	0
G47.3	Sleep apnoea	459	5	0	2	3	7

G47.4	Narcolepsy and cataplexy	1	0	1	0	0	0
G47.8	Other sleep disorders	1	1	0	0	1	1
G47.9	Sleep disorder, unspecified	4	0	0	0	0	0
Grand Total		468	6	2	3	5	10

2.

The number of prescriptions recorded in the Trust's main ePMA system (by start date) split by group and drug name between 01/01/2020 and 31/05/2025 (2025 is, of necessity, a partial year) is as follows. Unlisted drug names have not been prescribed:

	2020	2021	2022	2023	2024	2025
1. Melatonin	1338	1422	1523	1742	1780	872
MELATONIN	1338	1422	1523	1742	1780	872
2. Benzodiazepines	9711	10497	10982	14921	13001	5860
DIAZEPAM	2637	2531	3015	5117	2804	1162
LOPRAZOLAM			2	3		
LORAZEPAM	6775	7667	7741	9614	10032	4618
LORMETAZEPAM	2	2	1	1	1	
NITRAZEPAM	118	114	52	59	46	35
TEMAZEPAM	179	183	171	127	118	45
3. Z-drugs	3119	2895	2726	2827	2621	1141
ZOLPIDEM	178	173	142	168	192	77
ZOPICLONE	2941	2722	2584	2659	2429	1064
4. Antidepressants	7446	8005	7395	8404	9117	4032
AMITRIPTYLINE	4101	4629	4259	4735	5242	2280
DOXEPIN	23	18	15	3	16	9
MIRTAZAPINE	2968	3035	2811	3306	3557	1573
TRAZODONE	354	323	310	360	302	170
5. Antihistamines	2916	3129	3334	4193	5117	2119
CHLORPHENAMINE	2677	2835	3078	3854	4780	1981
PROMETHAZINE	239	294	256	339	337	138
6. For residual daytime sleepiness in sleep apnea	21	17	31	18	29	15
MODAFINIL	21	17	31	18	29	15
7. Other sedating medications	6691	6713	6665	8052	8588	3580
CLONIDINE	198	208	231	277	378	161
GABAPENTIN	3065	2938	2707	3221	3136	1333
PREGABALIN	3428	3567	3727	4554	5074	2086

3. Please be advised that Royal Cornwall Hospitals NHS Trust (RCHT) only manage patients with obstructive respiratory sleep issues. We would therefore not refer these types of patients for CBT. Patients with other sleep issues who may require a polysomnography would be looked after by Derriford Hospital in Plymouth.

Attachment(s):

Appendix One:

Sleep Disorder	ICD-10M Code
Adjustment sleep disorder (acute insomnia) [4, 5]	F 51.02
Psychophysiological insomnia [6, 7]	F 51.04
Paradoxical insomnia (formerly sleep state misperception) [8, 9]	F 51.03
Idiopathic insomnia [10, 11]	F 51.01
Insomnia due to mental disorder	F 51.05
Inadequate sleep hygiene [12, 13]	Z72.821
Sleep-onset association type	z73.810
limit-setting sleep type	z73.811
combined type	Z73.812
Insomnia due to drug or substance [16, 17]	G47.02
Insomnia due to medical condition (code also the associated medical condition) [18, 19]	G47.01
Insomnia not due to a substance or known physiological condition, unspecified [20, 21]	F51.09
Physiological (organic) insomnia, unspecified; (organic insomnia, NOS) [22, 23]	G47.09
Primary central sleep apnea [24, 25]	G47.31
Central sleep apnea due to Cheyne-Stokes breathing pattern [26, 27]	R06.3
Central sleep apnea due to high altitude periodic breathing [28, 29]	G47.32
Central sleep apnea due to a medical condition, not Cheyne-Stokes	G47.31
Central sleep apnea due to a drug or substance [30, 31]	F10-19
Primary sleep apnea of infancy [32, 33]	P28.3
Obstructive sleep apnea, adult [34, 35]	G47.33
Obstructive sleep apnea, pediatric [36, 37]	G47.33
Sleep-related nonobstructive alveolar hypoventilation, idiopathic [38, 39]	G47.34
Congenital central alveolar hypoventilation syndrome [40, 41]	G47.35
Sleep-related hypoventilation/hypoxemia due to pulmonary parenchymal or vascular pathology [42, 43]	G47.36
Sleep-related hypoventilation/hypoxemia due to lower airways obstruction [44, 45]	G47.36
Sleep-related hypoventilation/hypoxemia due to neuromuscular or chest wall disorders [46, 47]	G47.36

Sleep apnea/sleep related breathing disorder, unspecified	G47.30
Narcolepsy with cataplexy [48, 49]	G47.411
Narcolepsy without cataplexy [50, 51]	G47.419
Narcolepsy due to medical condition [52, 53]	G47.421
Narcolepsy, unspecified	G47.43
Recurrent hypersomnia [54, 55]	G47.13
Kleine-Levin Syndrome	G47.13
Menstrual-related hypersomnia	G47.13
Idiopathic hypersomnia with long sleep time [56, 57]	G47.11
Idiopathic hypersomnia without long sleep time [58, 59]	G47.12
Behaviorally induced insufficient sleep syndrome [60, 61]	F51.12
Hypersomnia due to medical condition [62, 63]	G47.14
Hypersomnia due to drug or substance [64–67]	G47.14
Hypersomnia not due to a substance or known physiological condition [68, 69]	F51.1
Physiological (organic) hypersomnia, unspecified (organic hypersomnia, NOS)	G47.10
Circadian rhythm sleep disorder, delayed sleep phase type [70, 71]	G47.21
Circadian rhythm sleep disorder, advanced sleep phase type [72, 73]	G47.22
Circadian rhythm sleep disorder, irregular sleep-wake type [74, 75]	G47.23
Circadian rhythm sleep disorder, free-running (none trained) type [76, 77]	G47.24
Circadian rhythm sleep disorder, jet lag type [78, 79]	G47.25
Circadian rhythm sleep disorder, shift work type [80, 81]	G47.26
Circadian rhythm sleep disorders due to medical condition [82, 83]	G47.27
Other circadian rhythm sleep disorder [84, 85]	G47.29
Other circadian rhythm sleep disorder due to drug or substance	G47.27
Confusional arousals [86, 87]	G47.51
Sleepwalking [88, 89]	F51.3
Sleep terrors [90, 91]	F51.4
REM sleep behavior disorder (including parasomnia overlap disorder and status dissociatus) [92, 93]	G47.52
Recurrent isolated sleep paralysis [94, 95]	G47.53
Nightmare disorder [96, 97]	F51.5
Sleep-related dissociative disorders [98, 99]	F44.9
Sleep enuresis [100, 101]	N39.44
Sleep-related groaning (catathrenia) [102, 103]	G47.59
Exploding head syndrome [104, 105]	G47.59
Sleep-related hallucinations [106, 107]	R29.81
Sleep-related eating disorder [108, 109]	G47.59
Parasomnia, unspecified [110]	G47.50
Parasomnia due to a drug or substance [111]	G47.54
Parasomnia due to a medical condition [112]	G47.54

Restless legs syndrome (including sleep-related growing pains) [113, 114]	G25.81
Periodic limb movement sleep disorder [115, 116]	G47.61
Sleep-related leg cramps [117, 118]	G47.62
Sleep-related bruxism [119, 120]	G47.63
Sleep-related rhythmic movement disorder [121, 122]	G47.69
Sleep-related movement disorder, unspecified	G47.90
Sleep-related movement disorder due to drug or substance	G47.67
Sleep-related movement disorder due to medical condition	G47.67
Long sleeper [123]	R29.81
Short sleeper [124]	R29.81
Snoring [125, 126]	R06.83
Sleep talking [127, 128]	R29.81
Sleep starts, hypnic jerks [129, 130]	R25.8
Benign sleep myoclonus of infancy [131, 132]	R25.8
Hypnagogic foot tremor and alternating leg muscle activation during sleep [133, 134]	R25.8
Propriospinal myoclonus at sleep onset [135, 136]	R25.8
Excessive fragmentary myoclonus [137, 138]	R25.8
Other physiological (organic) sleep disorder	G47.8
Other sleep disorder not due to a known substance or physiological condition	G47.9
Environmental sleep disorder [139, 140]	F51.8

Date Response sent: 22nd July 2025