

1. number of people who received a confirmed diagnosis of a sleep disorder between 1 January 2020 and 31 December 2024

Calendar year of confirmed diagnosis	Number of people
2020	15
2021	17
2022	15
2023	16
2024	7

People may be given more than one diagnosis. They will be counted each time they have a new diagnosis.
 As diagnosis has been requested, we have only included people where a diagnosis has been recorded as confirmed.
 There may be other people that have been referred or treated, or both where the condition is apparent or suspected but has not been recorded as confirmed.
 Patients included are aged 18 or over at diagnosis confirmation date.
 We are unable to break down the figures by age banding due to the small numbers in each group.
 The diagnosis codes that have been used in the clinical system for sleep disorders when the above criteria are applied are:

ICD 10 code	Diagnosis name from clinical system
G47.0	Disorders of initiating and maintaining sleep [insomnias]
R45.1	Restlessness and agitation
G47.3	Sleep apnoea
G47.9	Sleep disorder, unspecified
F51.3	Sleepwalking [somnambulism]

3. of the people in question one, the number of people who attended at least one therapy appointment after the confirmed diagnosis by the appointment activity.

Therapy type	Number of people
Cognitive behavioural therapy	16
Other therapies such as counselling or psychotherapies	8

People may have more than one type of therapy appointment. They will be counted within each therapy type.
 People could have had a therapy appointment for other problems, we can not say if it is because of their sleep disorder diagnosis.
 The therapy types from the clinical system that have been used in question 3 are:

Therapy group	Therapy name
Cognitive behavioural therapy	CBT - Cognitive behaviour therapy
	CBT - Cognitive behaviour therapy (regime/therapy)
	CBTp - Cognitive behavioural therapy for Psychosis
	ARMS CBT - Cognitive behavioural therapy for ARMS
Other therapies	Art psychotherapy
	Behavioural therapy
	CAT - Cognitive analytic therapy
	CFT - Compassion focussed therapy
	Counselling
	DBT - Dialectical behavior therapy
	Group psychotherapy
	Mindfulness
	Mindfulness-based therapy