

**Reference:** FOI.ICB-2324/270

**Subject:** Insomnia Guidelines for Adults

*I can confirm that the ICB **does hold the information requested**; please see responses below:*

QUESTION	RESPONSE
Does NHS Bristol, North Somerset and South Gloucestershire ICB have any local treatment guidelines, pathways or protocols for treatment of insomnia in adult patients? Yes/No  If Yes, please provide a copy.	Guidelines for GPs on Insomnia can be found here on Remedy: <a href="https://remedy.bnssg.icb.nhs.uk/adults/sleep-medicine/insomnia/">https://remedy.bnssg.icb.nhs.uk/adults/sleep-medicine/insomnia/</a>

***The information provided in this response is accurate as of 19 October 2023 and has been approved for release by David Jarrett, Director of Integrated and Primary Care for NHS Bristol, North Somerset and South Gloucestershire ICB.***