

ANNEX

FREEDOM OF INFORMATION (FOI) REQUEST 202400405112

Extracted information from documents otherwise out with scope.

1. The number of GPs in Scotland, since 2021, that have been trained by Big Health in the use of Sleepio. I request that this information is given for each year from 2021.

Training to GPs and primary care multidisciplinary teams has been delivered in all 14 NHS Scotland health board areas. Training is delivered by the local NHS teams from each health board area, supported by Big Health. The exact number of GPs trained is not available as neither Big - nor, to Big Health's knowledge, the Scottish Government - tracks this data.

- From emails between Scottish Government officials and Big Health, 26 March 2024 (FW_ FOI responses)

1. The number of patients in Scotland who, since 2021 have accessed Sleepio. I request that this information is given for each year from 2021.

Fig.1

	Year 1
Sleepio treatment numbers	4,273

- From emails between Scottish Government officials 28 June 2022 on the contract with Big Health (RE_ SUBMISSION_ Proposed contract renegotiation for Sleepio and Daylight)

Fig.2

	Quarter 1 (2021)	Quarter 2 (2021)	Quarter 3 (2021)	Quarter 4 (2021)	Quarter 1 (2022)	Apr-May (2022)
[outwith scope]	[outwith scope]	[outwith scope]	[outwith scope]	[outwith scope]	[outwith scope]	[outwith scope]
CBT starts	543	521	648	2,551	2,355	2,373

- From emails between Scottish Government officials 16 June 2022 on Daylight and Sleepio usage (FW_ Daylight and Sleepio - updated report)

Note there is a discrepancy between the usage numbers in *Fig.1* (4,273) and the total users from Quarters 1-4 in *Fig. 2* (4,263).

1. The number of patients in Scotland who, since 2021, have achieved a clinically relevant improvement in their insomnia after using Sleepio. I request that this information is given for each year from 2021.

74% of patients who completed at least 2 sessions saw improvement in their insomnia symptoms based on SCI-2 scores (N=2,318)

- From emails between Scottish Government officials 16 June 2022 on Daylight and Sleepio usage (FW_ Daylight and Sleepio - updated report)

1. The actual cost per patient incurred by NHS Scotland to provide Sleepio, I request that this information is given for each year from 2021.

We have negotiated with Big Health to reduce the treatment cost to £45 per person, in line with NICE technologies guidance published on 20 May 2022 which recommended Sleepio as an effective alternative treatment to sleeping pills.

- From a submission to Ministers on the contract renegotiation with Big Health in July 2022 (Digital Mental Health - Sleepio and Daylight - contract renegotiation with Big Health 2022 - submission update)