East Sussex Healthcare
NHS Trust

FOI REF: 26/768

20th November 2026

Eastbourne District General Hospital
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Eastbourne
East Sussex
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Tel: 0300 131 4500
Website: www.esht.nhs.uk

Further to your recent request for information made under the Freedom of Information Act (FOIA) 2000, I now set out our answers to your specific questions, and any clarifications sought and provided, as follows:

I am writing to request information regarding NHS expenditure on sleep pods and dedicated sleeping facilities for hospital staff.

I am particularly interested in facilities provided to allow doctors, nurses and other healthcare professionals to sleep or rest during breaks or between shifts.

Period requested:

Please provide the following information for the last three complete financial years, broken down as follows:
- 1 April 2023 to 31 March 2024
- 1 April 2024 to 31 March 2025
- 1 April 2025 to 31 March 2026

Information requested:

1) Number of sleep pods and sleeping facilities:

a) Does your trust currently provide any purpose-built sleep pods or dedicated staff sleeping rooms?

Yes, East Sussex Healthcare NHS Trust has dedicated staff sleeping rooms.

If yes, please confirm:

b) The number of purpose-built sleep pods or sleeping capsules currently available.

None.

c) The number of dedicated staff sleeping rooms containing beds or other facilities specifically intended for sleeping.

20.

d) Which hospital sites these facilities are located at.

Eastbourne District General Hospital and Conquest Hospital.

2) New sleep pods and sleeping facilities:

a) How many new sleep pods or dedicated staff sleeping rooms were purchased, installed or introduced during each of the three financial years?

None.

b) Where possible, please provide separate figures for purpose-built sleep pods and dedicated sleeping rooms.

Not applicable.

3) Total expenditure on sleep pods and sleeping facilities:

a) How much did your trust spend on purchasing, installing or leasing purpose-built sleep pods and creating or converting dedicated staff sleeping rooms during each financial year?

£0.0.

Where possible, please provide separate expenditure figures for:

b) Purchasing sleep pods.

c) Installing or leasing sleep pods.

d) Creating or converting dedicated staff sleeping rooms.

Not applicable.

- **If these costs are recorded together, a combined figure is acceptable.**
- **Where recorded, please also indicate whether the expenditure was funded directly by the trust or through charitable donations, NHS charity funding or external grants.**

Not applicable.

4) Maintenance and running costs:

How much did your trust spend on maintaining and operating sleep pods or dedicated staff sleeping facilities during each financial year?

2023/24	£18,480
2024/25	£20,393
2025/26	£24,709

- **Where these costs cannot be separated from wider hospital expenditure, please provide any identifiable costs.**

  Not applicable.

5) Reasons for introducing sleep facilities:

For any sleep pods or dedicated staff sleeping facilities introduced during the requested period, what reasons were recorded for their introduction?

- **For example, whether they were introduced to address staff fatigue, support staff wellbeing or provide rest facilities for overnight workers.**

- **Where this information is documented in existing business cases, proposals or approval records, a brief extract from the relevant records would be sufficient.**

Not applicable.

I trust this information is helpful in its detail or explanation however, if you are dissatisfied with the response, then you have the right to request an internal review. If you wish to seek an internal review, please write to the Freedom of Information Team at esh-tr.foi@nhs.net quoting the above FOI reference number, within 40 working days. Please note the Trust is not obliged to accept a request for an internal review after this time period.

Yours faithfully

Freedom of Information (FOI) Team
East Sussex Healthcare NHS Trust
0300 131 4716
Core Hours of Business: Monday to Friday 9.00am to 4.00pm