

### Sleep Study Procedure

Patients should report for their appointment to the Hospital's main reception area between 7.00-8.00pm. The reception area is located on the ground floor and is accessible via the main entrance in New Street. A trained scientist will prepare the patient for the study.

The study concludes between 6.00-6.30am the following morning. Private ensuite are located in each room for showering and breakfast is available from 6.30am. Patients are discharged between 7.00-8.00am in the morning.

### Referrals

To access this service, a referral is required from your General Practitioner or specialist to a Cabrini Health accredited Sleep Physician.

### What to Bring

- sleep attire
- toiletries
- Medicare card/health insurance card
- medications (in their original packet/container) and a list of prescribed medications
- reading material (a television is available in each room)
- alcohol and snacks (if generally consumed before bed)
- your own pillow and doona/blanket if desired
- own APAP/CPAP machine and mask for those patients having a review study.

### Hours

The office hours of the Sleep Centre are Monday–Friday 9.00 am to 5.00 pm

### Fees

Inpatients may be required to meet an out-of-pocket cost depending on the level of health cover. You can check this by calling your health fund and enquiring about any expenses you may incur for an overnight hospital stay.

### Cabrini Brighton Respiratory & Sleep Centre

243 New Street Brighton Vic 3186

Patient Bookings (03) 9508 5577

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**CABRINI  
BRIGHTON  
RESPIRATORY  
& SLEEP  
CENTRE**



**Cabrini Health**

Sharing the healing mission of the Missionary  
Sisters of the Sacred Heart of Jesus



**Cabrini Brighton**

## RESPIRATORY & SLEEP CENTRE

The Respiratory & Sleep Centre at Cabrini Brighton combines lung function testing as well as sleep diagnostic and treatment services. A team of Respiratory & Sleep Physicians and scientists provide patients with expert diagnosis and care.

### RESPIRATORY CENTRE

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Lung function tests are a commonly conducted group of procedures that measure the functionality of the lungs, revealing problems in the way a patient breathes.

Assessments can help to determine and monitor

- the function and structure of your lungs
- the cause of shortness of breath
- presence of lung disease (i.e. asthma, bronchitis, COPD and emphysema)
- bronchial hyperresponsiveness.

Aridol and methacholine challenge testing are also amongst a range of other tests conducted.

#### Lung Function Procedure

Patients should report for their appointment to the Hospital's main reception area at their pre-arranged time. The reception area is located on the ground floor and is accessible via the main entrance in New Street. A Respiratory Centre staff member will collect you from the main foyer area. Appointments generally last 30 minutes.

#### Referrals

To access this service, a referral is required from your General Practitioner or specialist.

#### Hours

The office hours of the Respiratory Centre are Monday–Friday, 9.00 am to 5.00 pm.

#### Fees

Outpatients are required to meet a small out-of-pocket cost for standard lung function testing. Details of any out-of-pocket charge is available in advance. Pensions and healthcare cardholders are bulk billed.

*Note: Complex challenge testing may incur extra out-of-pocket costs due to the expense of the provocation agents used.*

### SLEEP CENTRE

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The Sleep Centre is equipped with the latest diagnostic monitoring devices. It offers comprehensive overnight studies to observe and diagnose disorders during sleep, as well as other possible causes of sleep disturbance, sleepiness or daytime fatigue. Common sleep disorders include snoring, sleep apnoea, restless legs and narcolepsy.

CPAP (Continuous Positive Airway Pressure) treatment and education sessions as well as MSLT/MWT studies, are amongst the broad range of services provided.

#### What is a Sleep Study?

An overnight sleep study involves the monitoring of a multitude of variables to identify different sleep stages and classify various sleep disorders.

The parameters monitored include:

- brain wave activity
- eye movements
- muscle tone
- heart rate
- respiration
- oxygen and carbon dioxide levels
- limb movement
- audio and visual recordings.

These parameters are recorded through the placement of sensors on various parts of the body.

At the conclusion of the study, the results are analysed by a sleep scientist to quantify and classify the night's events, with a subsequent review by a sleep specialist with treatment recommendations.