



## Sleep Centre

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### What is Sleep Apnoea?

Obstructive Sleep Apnoea (OSA) is a common disorder affecting large numbers of men and women in the general population to varying degrees. OSA is a respiratory disorder which relates to a loss of muscle tone in the upper airway which results in narrowing or closure of the airway. This obstruction prevents breathing and lowers blood oxygen levels.

OSA often results in excessive daytime sleepiness and may increase the risk of high blood pressure, cardiac disease, stroke and other disorders. There is also a substantial risk of motor vehicle and workplace accidents.

### Symptoms of Sleep Apnoea

- Excessive daytime sleepiness/fatigue
- Loud habitual snoring
- Choking and gasping arousals at night
- Irritability
- Memory and concentration lapse
- Dry throat upon awakening
- Morning headaches
- Sweating while sleeping
- Diuresis through the night
- Observed breath holding during sleep
- Unrefreshed upon awakening

### Non-Respiratory Sleep Disorders

- Insomnia
- Narcolepsy
- REM sleep behaviour disorder
- Periodic limb movement disorder
- Sleep walking
- Nocturnal seizures

### What is a Sleep Study?

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

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 trained scientist to quantify and classify the night's events, with subsequent review by the physician with treatment recommendations.

### Cabrini Sleep Centre Services

The Cabrini Sleep Centre, located at Cabrini Hospital Brighton, is equipped with the latest polysomnographic monitoring equipment and supervised by sleep specialists. The Sleep Centre offers comprehensive overnight studies to observe and diagnose respiratory disorders during sleep, as well as other possible causes of sleep disturbance, somnolence or daytime fatigue.

Multiple sleep latency tests and CPAP (continuous positive airway pressure) therapy information sessions are amongst the broad range of service provided.

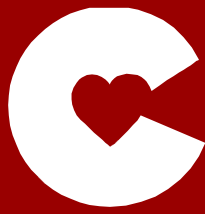
### Sleep Study Procedure

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

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

### Referrals

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



## What to Bring

- Sleep attire
- Slippers
- Toiletries
- Medicare Card
- Health Insurance Card
- Pension Card (if applicable)
- Medications (in their original packet/container) and a list of prescribed medications
- Reading material
- Alcohol (if generally consumed before bed)
- Your own pillow if desired.

## Hours

The office hours of the Cabrini Sleep Centre are Monday-Friday from 9.00 am to 5.30 pm.

An answering service operates outside these hours.

## Parking

Free parking is available in the car park behind the Hospital - enter via Normanby Street. Patients are asked to park in the private consulting suite section (the building behind the main hospital) wherever possible. Please disregard the ground markings as they are not applicable after 5.30 pm.

## Fees

Two fees are incurred for an overnight sleep study. The first is for the procedure itself, this is fully covered by both private health insurance and Medicare. The other is the accommodation fee which is either fully or partially covered by private health insurance.

Variable out-of-pocket expenses may apply for different levels of health cover. You can check this by calling your health fund and quoting the reference number 12203. Different treatment options may occur additional costs.

## Cabrini Sleep Centre

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