


ST LUKE'S SLEEP DISORDERS CENTRE



*Specialists in sleep disorders
diagnosis and treatment*



For adults, children and their families or partners, the lack of a regular good night's sleep can be extremely disruptive and harmful to health and wellbeing.



What happens during Sleep Study? (‘Polysomnography’)

When you arrive at the hospital in the evening for your sleep study, you are assigned a comfortable spacious, private room with ensuite. We want you to be completely comfortable and relaxed so that the Sleep Technologists are able to record your typical night’s sleep.

To make you feel at home, every room has a telephone and a television with Foxtel channels. You may wish to bring books or work materials. We’ll serve you an evening meal and you’re welcome to drink alcohol if you normally do so. You’ll be asked to change into the pyjamas or nightdress you normally wear to bed and you may wish to bring your own favourite pillow to help ensure a good night’s sleep. If you’re accompanying your child who’s a patient, one parent may share the same room so that your child will feel safe and relaxed.

For your Sleep Specialist to be able to find out exactly what happens when you’re asleep, the Sleep Technologist will be recording your brain activity, heart rate, eye and muscle activity, breathing and oxygen levels. This is measured by having sensors attached. The sensors send your signals to a computer in the Technologists’ Control Room nearby. Added to this is an infra-red video camera and sound to record your movements so your Sleep Specialist will have a comprehensive evaluation of any events during your sleep.

In the morning the Technologist will remove the sensors and we’ll serve you breakfast and discharge you from the hospital. The Sleep Technologist will prepare a preliminary report of the sleep data for your Sleep Specialist who will subsequently discuss the results with you and recommend treatment if appropriate.

Hospital Costs

Major health funds recognise St Luke's Hospital sleep disorders services for reimbursement. We strongly recommend and prefer that you contact your health fund to determine your eligibility and level of cover.

Accreditation – quality endorsement

St Luke's always aims for best practice in clinical and non-clinical areas alike, and for more than 30 years, has achieved the highest level of Accreditation by the Australian Council of Healthcare standards. This is a ringing endorsement of St Luke's culture of personalised care which has the highest priority, underpinned by comprehensive safety and quality programs in all areas.

Location Parking and Transport

St Luke's is centrally located with easy access to the city and suburbs.

Overnight parking is available in the grounds. The area is also well served by public transport. At St Luke's Hospital, we look forward to contributing to our patients' good health and welcome your questions. If we can assist with admission to one of our programs, please feel free to call us.





St Luke's Sleep Disorders Centre

St Luke's Sleep Disorders Centre specialises in the investigation, interpretation and long-term management of many forms of sleep disorders in both adults and children. All studies are supervised by highly trained Sleep Technologists under the direction of Accredited Specialist Sleep Physicians.

Some of the common sleep disorders include obstructive sleep apnoea (where breathing completely stops for ten seconds or more), snoring, insomnia and restless leg syndrome.

The unit has the latest sleep monitoring and recording equipment as well as continuous positive airway pressure (CPAP) services for the treatment of sleep apnoea.

Where CPAP sleep studies or therapy is required, we offer a CPAP mask fitting service to patients as well as advice on purchasing equipment for ongoing treatment at home.

For children's sleep studies it is best for one parent to arrive and stay overnight.





St Luke's Hospital

18 Roslyn Street Potts Point NSW 2011

Phone (02) 9356 0200 Fax (02) 9357 2334

For more information visit our website at:

www.slc.org.au

St Luke's Care ABN 16 000 009 012

Correct at time of printing and subject to change without notice 07/09