

SLEEP CENTRE
Specialising in the Diagnosis and Treatment of Sleep Disorders
**ACCREDITED
CONSULTANTS**
Respiratory / Sleep:

Dr KWOK Y. YAN
(Director)
MD(Syd), FRACP, FCCP

A/Prof. DAVID BARNES
MB.BS(Syd), FRACP

Dr BRIAN H JARVIE
MB.BS(Hons), FRACP
BE(Hons)

Dr. FRANK YAN
BSc (Med), MBBS,
FRACP

Neurologists / Sleep

Prof. ROY G. BERAN
MD, FRACP, FRCP,
FRACGP, FACLM,
B Leg S, MHL

Paediatricians / Sleep:

Dr ARTHUR TENG
MB.BS(Syd), Dip. PAED
(UNSW); FRACP

Dr. GANESH
THAMBIPILLAY
MBBS, MRCP, FRACP.

Dr. HUGH ALLEN
M.B., FRACP.

Dr GREG BLECHER
MBBCh FRACP

Dr BRAD MARTIN
MBBS DipPaed
MM(ClinEpi) FRACP

Clinical Manager:

Mr G. J. HOLLAND
REETG(UK), RPSGT

What is a Polysomnography (Sleep Study)? Recording of the various body functions during sleep. Brain activity, heart rate, eye and muscle activity, breathing & oxygen levels.

Pre-Admission:

- Please contact your health fund to verify costs for your Hospital stay, note the Medicare item numbers (usually **12210**, for age up to 12 years, or **12213** for over 12 years).
- Please telephone the Hospital Food Services Department on 9356 0257 on the **morning** of admission **BEFORE 11am** to arrange your evening meal and breakfast requirements.

Admission is 6.00pm sharp and discharge is before 7.00am the following morning.

Provided you are not remaining in hospital for the next day, you can go to work or school after being discharged the following morning at the end of the study. Rooms are private and partners are not permitted to share the room overnight.

For children, one parent must stay and remain at all times overnight. This is very much a "care-by-parent" situation. One parent or carer (non-snorer) to arrive and stay overnight. Parking is available at the Hospital (no cost). As with other medical procedures you may not meet the sleep specialist during your hospital stay.

NOTE: Please do not bring dosette, pill boxes or webster packs into Hospital as staff will require to view medication bottles or packets.

What to bring:

- Medicare card.
- Toiletries (especially shampoo), hair dryer if required
- Medication. **It is most likely you will continue to take your medication as usual.**
- **Do not take any sleeping or other medications until you have been admitted and advised by the staff at the Sleep Centre.**
- Your own pillow it may help you sleep better.
- Change of clothes, pyjamas or nightdress.
- Books, work materials or other personal items of your choice. You will have your own telephone and television.
- Bring homework, toys, books the child is familiar with.
- Acetone base nail varnish remover or Eucalyptus oil to help remove any difficult glue. Use cotton wool and rub over the glue area.

DISCHARGE TIME IS BEFORE 7AM

Check out at Reception on leaving.

PLEASE MAKE A FOLLOW UP APPOINTMENT WITH YOUR SLEEP SPECIALIST

Keeping Informed: We would appreciate you informing the Hospital at your earliest convenience if your child has been ill in any way or if you are not available to keep your booking. We will inform you at the earliest possible time if there are any reasons to change your booking. If you have any queries please telephone the Hospital.

**ENQUIRIES: TEL 02-93560325 / 93560200 / 93560225 FAX 02-93560326 / 93572334
18 ROSLYN STREET, POTTS POINT, NSW 2011.**