

About Epworth Freemasons Sleep Disorders Unit

Established in September 1988 under the directorship of Professor Murray Johns, the Epworth Sleep Laboratory is the longest serving private, multi-disciplinary sleep disorders centre in Australia.

Professor Murray Johns, recognizing the need for computerized data recording, also developed the first computerized sleep facility in Australia, which was to become the patented digital scoring system, Compumedics, now recognized and used worldwide within the sleep industry.

Originally located at Epworth Richmond, the Epworth Sleep Disorders Unit has now moved to two separate locations:

Sleep Centre Consulting Rooms

23 Clarendon Street, East Melbourne.
Consulting suites and booking administration

Epworth Freemasons Sleep Laboratory

Suite 2/124 Grey Street, East Melbourne.
Conducts all laboratory based sleep studies

VCE Education Program

The Epworth Freemasons Sleep Disorders Unit conducts Education Excursions designed for VCE Psychology students.

The sessions, which can either be run from the Sleep Disorders Laboratory or from the client's school, are designed to correlate with the *current* VCE Psychology Unit 3 and are coordinated by Ms Karen Redhead BTeach BSc.

The cost is \$15.00 (incl GST) per student and discounts can be arranged for larger groups.

For more information, please contact Ms Karen Redhead on kredhead@emailaccount.com or 03 9483 3543



Epworth Freemasons
Excellence. Everywhere. Everyday.

Treating Sleep Disorders at Epworth Freemasons

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Excellence. Everywhere. Everyday.

Sleep Disorders Unit

2/124 Grey Street
East Melbourne 3002
Phone 03 9483 3543
Fax 03 9483 3325

Sleep Centre Consulting Rooms

23 Clarendon Street
East Melbourne 3002
Phone 03 9417 5113
Fax 03 9417 5114

www.epworth.org.au

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Over the last 20 years effective treatments for conditions such as snoring and sleep apnoea have become widely available. This has not only led to a vast growth in service provision in this area, but has also led to expansion of services for many other sleep disorders.

The Epworth Freemasons Sleep Disorders Unit directed by Dr Darren Mansfield, includes a number of clinicians that provide expertise across a range of sleep disorders for adults and children in the following areas:

- Snoring
- Obstructive Sleep Apnoea
- Snoring and Sleep Disorders in Heart Disease and Hypertension
- Snoring and Sleep Apnoea Surgery
- Paediatric Sleep Disorders (0–16 Years)
- Narcolepsy
- Excessive Daytime Sleepiness
- Insomnia
- Restless Legs Syndrome
- Nightmares and Night Terrors
- Sleep Walking/Talking
- Jet Lag
- Circadian Rhythm Disorders and Shifts on Body Clock
- Continuous Positive Airway Pressure (CPAP) Trials and Education Clinic

Why we need to treat sleep disorders!

Sleep Apnoea is just one of the many sleep disorders we treat at the Epworth Freemasons Sleep Unit.

It is characterised by repetitive collapse of the upper airway during sleep. This leads to a brief reduction in oxygen levels and increased effort to breath. You will automatically wake, usually with a gasp of air or snort/large snore, in response to these changes so that the body can adjust itself in order to breathe. However this arousal is usually very brief, in the order of 3–10 seconds, therefore it is uncommon for you to be aware of these episodes. Once sleep resumes you are at risk of the event being repeated. Patients with severe sleep apnoea may have many hundreds of episodes of airway collapse in a single night.

The consequence of this frequent waking can be quite debilitating.

The repeated airway obstruction, gasping and snoring associated with this condition are disruptive to your partners and sometimes can lead to separate sleeping areas.

Even more importantly, you tend to wake unrefreshed and often with a dry throat. You may remain tired and drowsy during the day which may lead to reduced functioning and increased motor vehicle accident rate.

Finally, there are increased risks for the heart by repetitively blocking the upper airway during sleep. Over a lifetime you have an increased likelihood of hypertension, stroke, myocardial infarction (heart attack) and diabetes.

Primary symptoms

- EDS (excessive daytime sleepiness)
- Snoring
- Impaired memory
- Impaired concentration
- Morning headaches, dry/sore throat
- Mood changes, such as irritability and sadness
- Sexual dysfunction

Associated risks

- Increased risk of stroke
- Increased risk of hypertension
- Increased risk of congestive heart failure and heart attack
- Increased risk of diabetes or glucose intolerance
- Depression
- Injuries caused by sudden onset of sleep (eg, falling asleep while driving)

Expertise

Sleep Disorders and Respiratory Physicians

- Dr Darren Mansfield MBBS (hons), FRACP, FJFICM, PhD
- Professor Matthew Naughton MBBS, FRACP, MD
- Dr Garun Hamilton MBBS, FRACP, PhD
- Dr Belinda Miller MBBS, FRACP, PhD
- Dr Alan Young MBBS, FRACP, PhD

Paediatric Sleep Disorders

- Dr Margot Davey MBBS, FRACP

Ear, Nose and Throat Surgeon

- Mr Stephen Kleid MBBS, FRACS

Clinical Psychology Specializing in Sleep Disorders

- Professor Stuart Armstrong BSc, PhD, MAPS

Dental Services

- Dr Les Janovic B.D. Sc (Melb), L.D.S. (Vic)

CPAP (Continuous Positive Airway Pressure) Clinic and CPAP Education

- Ms Fiona Tabart