

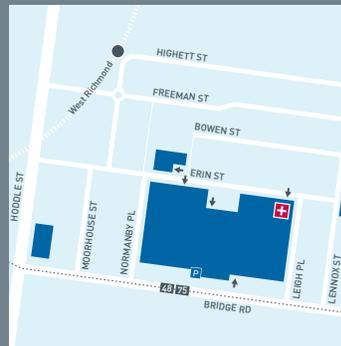
*Epworth Camberwell and Epworth Richmond's Sleep Unit assists people with sleep disorders in our comprehensive sleep study assessment and treatment program.*

*The Sleep Unit assists with disorders including sleep disordered breathing, periodic limb movement disorder, narcolepsy and insomnia.*



#### Epworth Camberwell

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[rehab@epworth.org.au](mailto:rehab@epworth.org.au) [www.epworth.org.au/sleep](http://www.epworth.org.au/sleep)



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Epworth Camberwell  
and Epworth Richmond

## Sleep Unit



## Sleep Unit services

The Sleep Unit at Epworth Camberwell and Epworth Richmond is equipped with state of the art computerised monitoring equipment. The Sleep Unit offers comprehensive overnight studies to observe and diagnose a wide range of sleep disorders such as obstructive sleep apnoea, periodic limb movement disorder, narcolepsy and insomnia.

Additional services provided by the Sleep Unit include a Continuous Positive Airway Pressure (CPAP) therapy clinic and multiple sleep latency testing.

### What is an overnight sleep study?

An overnight sleep study or Polysomnography (PSG) is a non-invasive test that is performed when the presence of a sleep disorder is suspected. All sleep studies are conducted in a private room and do not cause any pain or discomfort.

Prior to going to sleep, sensors are placed on your head, face, chest, stomach, legs and fingers. These sensors are kept in place with medical tapes and pastes. Throughout the night, sleep scientists monitor:

- > *Brain wave activity*
- > *Heart rate*
- > *Respiration*
- > *Muscle tone*
- > *Eye movement activity*
- > *Blood oxygen levels*

### Sleep study procedure

On the day of your appointment we ask that you report to main reception at the time advised by patient services. This allows ample time to complete hospital admission paperwork, meet staff, settle into the room, fill out pre-test questionnaires and be set up with the monitoring equipment prior to your regular bedtime. Please note that it may take a little longer to fall asleep due to the unfamiliar environment. The study concludes between 6.00 – 6.30am the following morning.

Private en-suites are located in each room for showering and a light breakfast is supplied by the hospital at 7am. Most patients are ready to leave the Sleep Unit by 7.30am. Please inform staff if you need to leave earlier.

The entrance to the underground car park is accessed via Burke Road for Camberwell and Bridge Rd for Richmond. Please take the lift to the reception area located on the ground floor for Camberwell and Level 2 for Richmond.

### Sleep study results

After the sleep study has been completed, sleep scientists analyse the data. A technical report is prepared indicating the presence and severity of a sleep disorder. The results are subsequently reviewed by a sleep physician who provides treatment recommendations.

It may be necessary for further overnight sleep studies to be conducted depending on the results of the initial study.

You will need to make a follow up appointment with the treating sleep physician. If you are having a diagnostic sleep study, you should see the physician around two weeks later. The physician will discuss your results with you at this appointment.

If you are having a treatment sleep study, you will need to see your physician approximately four to six weeks later, depending on the doctor's preference.

### How much will a sleep study cost?

Epworth Camberwell and Epworth Richmond are a private facility and hospital accounts will be sent directly to your private health fund.

Most funds cover sleep studies. You may be required to pay an excess or co-payment depending on your insurance policy. Please check with individual funds for further details.

Payments can be made by cash, cheque or credit card at reception upon arrival.

Please note that a cancellation fee of \$150 may apply if you cancel your sleep study with less than 48 hours notice.