



Epworth



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Epworth provides sleep studies to observe and diagnose a wide range of sleep disorders, including:

- > obstructive sleep apnoea
- > periodic limb movement disorder/
restless legs syndrome
- > narcolepsy
- > insomnia
- > hypersomnia
(excessive daytime sleepiness)
- > snoring.

Our sleep units are located at Epworth Camberwell, Epworth Geelong and Epworth Richmond.

epworth.org.au/sleep

Contact us

Ask your GP for a referral to an Epworth sleep specialist to access our sleep clinics and services at one of the locations below.

For maps and directions to Epworth sites visit www.epworth.org.au/who-we-are/our-locations

Epworth Camberwell Sleep Unit

888 Toorak Road,
Camberwell VIC 3124

Phone: 03 9805 4225

Fax: 03 9805 4120

Email: camberwellsleepbookings@epworth.org.au

Free parking is provided on-site for sleep unit patients.

Epworth Geelong Sleep Unit

1 Epworth Place
Waurin Ponds VIC 3216

Phone: 03 5271 8422

Fax: 03 5271 7710

Email: eg.bookings@epworth.org.au

Discounted parking is available for overnight sleep studies.

Epworth Richmond Sleep Unit

89 Bridge Road,
Richmond Vic 3121

Phone: 03 9516 2797

Fax: 03 9428 7692

Email: booking@epworth.org.au

Free parking is provided on-site for sleep unit patients.

Epworth

Sleep Unit



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Sleep study services available

> Overnight sleep study or Polysomnography (PSG)

Available at all locations

> Continuous Positive Airway Pressure (CPAP) therapy clinic

Available at Epworth Camberwell

> Multiple sleep latency testing (daytime testing for excessive day sleepiness)

Available at Epworth Camberwell and Epworth Geelong

> At-home sleep study for suspected sleep apnoea

Available for people who can visit Epworth Camberwell or Epworth Geelong to collect equipment.

What is a sleep study?

A sleep study monitors how you sleep using sensors which are placed on your head, face, chest, stomach, legs and fingers before you go to sleep.

These sensors are held in place with medical tapes and pastes and do not cause any pain or discomfort.

Sleep scientists monitor your:

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

What to expect during an overnight sleep study?

We will contact you to confirm your sleep study date, time and location. We will also discuss any health insurance or fee details with you during this phone call.

Depending on the location, you will likely be asked to arrive between 6pm and 7pm.

This gives you enough time to:

- > complete paperwork
- > meet the staff
- > settle into your room
- > complete pre-test questionnaires
- > be set up with the monitoring equipment before your normal bed-time.

You will be in a private, soundproof room that has an ensuite, TV and entertainment system. It might take longer for you to fall asleep because you are in an unfamiliar environment. You are welcome to bring books or music devices with headphones to help you relax.

The study begins when you fall asleep and will finish between 6-6.30am the next morning.

A light breakfast is supplied by the hospital at 7am. Most patients are ready to leave the sleep unit by 7.30am. If you need to leave earlier, let us know when you meet the sleep team during admission.

At-home sleep study for obstructive sleep apnoea

Epworth now offers at-home sleep studies to monitor suspected obstructive sleep apnoea.

If you are having a sleep study at home, you need to visit Epworth Camberwell or Epworth Geelong on the afternoon of your test to collect the equipment, get connected and receive instructions. The equipment needs to be returned the next day, to the same location you picked it up from.

Sleep study results

Our sleep scientists analyse the information from your sleep study to see if you have a sleep disorder and if so, how severe it is.

They prepare a report for your sleep specialist who will talk to you about your results and provide treatment recommendations at your next appointment.

You need to make a follow-up appointment with your sleep specialist to discuss the results.

- > If you are having a diagnostic sleep study, you should see your doctor about 2 weeks later.
- > If you are having a treatment sleep study, you will need to see your doctor about 4 to 6 weeks later, depending on their preference.

You might need to do more sleep studies, depending on the results.

How much will a sleep study cost?

Epworth is a private, not-for-profit hospital. Hospital accounts will be sent directly to your private health fund.

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

A \$150 cancellation fee may apply if you cancel your sleep study with less than 48 hours' notice.