

Patient Information

In the morning

You will be woken from 6am by the sleep technician in order to remove all the sensors. Showering facilities are available. You will be discharged by 7am.

The sleep technician will direct you to the express parking facility to collect your vehicle.

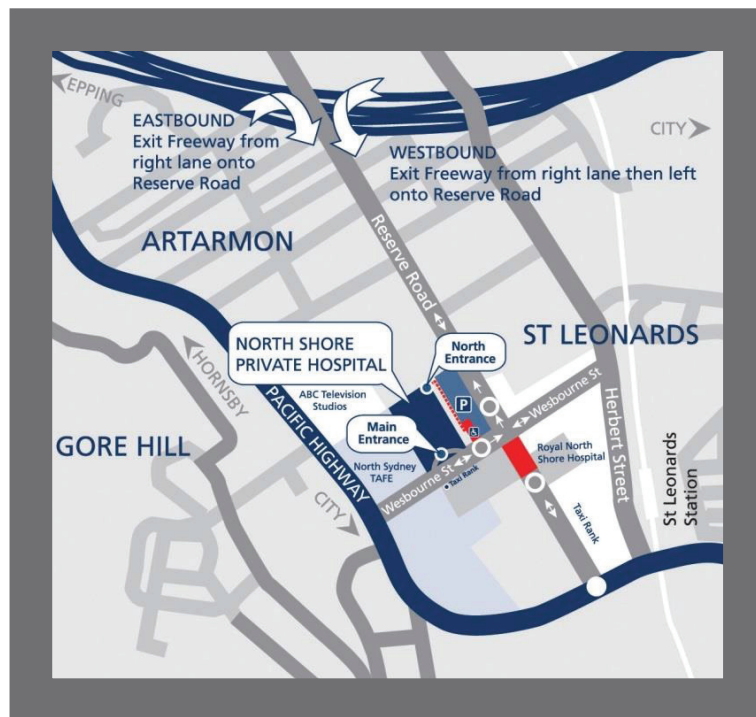
After the study

The data from your study will be closely analysed and a report prepared by one of our sleep physicians. This will be sent to your referring doctor.

To discuss the results, please make an appointment with your referring doctor, allowing at least 10 business days.

Included in the study

- Free parking
- Dinner provided
- Light breakfast
- Private room
- Shower and toilet facilities
- Tea and coffee facilities
- Free Wi-Fi.



Dr Andrew Chan
Dr Peter Cistulli
Dr Michael Hibbert
Dr David Joffe



Short Stay Unit, Level 1,
North Shore Private Hospital
3 Westbourne Street, St Leonards NSW 2065
Phone: 02 8425 3713 Fax: 02 8425 3194
www.northshoreprivate.com.au



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Booking

Your referring doctor will fax your sleep study request referral form to North Shore Private Laboratory on 02 8425 3194 or email sleepstudies.nsp@ramsayhealth.com.au.

You will be required to complete a North Shore Private Hospital admission form. This may be provided by your referrer or is available online at www.northshoreprivate.com.au. Please complete and return to North Shore Private Sleep Laboratory as soon as possible.

The Sleep Laboratory will process your admission and contact you regarding details such as your Medicare and Private Health Fund information and possible dates for your sleep study between Monday-Friday from 6.45pm-7.00am the following morning.

Billing

Our sleep physicians are No Gap Providers.

If you have private health cover, we recommend you contact your health fund prior to admission with item no **12203** to check for any excess, to check your level of cover or any co-payments required for a night stay in hospital. Any out of pocket expense must be paid on admission.

Cancellation

If you are unable to attend your sleep study for any reason, please call **02 8425 3000** as soon as possible to cancel and rebook your appointment.

It is important that you give at least 7 days notice. Canceling within 24 hours may result in a cancellation fee.

Before you come

Plan to have as normal a day as possible. Please ensure that your hair is washed on the day of the study. Hair oils, sprays, gels or conditioners are to be avoided as they interfere with the signals from the sensors.

Makeup is not to be worn and please remove nail polish, including shellac/ acrylic nails.

Dinner and breakfast is provided, please advise sleep lab of allergies to food and specific dietary requirements.

What to bring

- Clothes to sleep in
- Clothes for the following day
- Reading material
- Personal toiletry items
- Your usual medications
- Personal items to help you sleep (such as your own pillow)
- CPAP mask if you have one

Where to park

Complimentary parking is available. **Entry is via Westbourne Street only.** Please arrive early and park your vehicle on the ramp (Valet parking area) in front of the Main Entrance.

Please leave your keys with Ground Floor Reception, who will arrange for our Parking Attendants to park your vehicle in our Express Parking Facility overnight **during the study.**

During the early evening the sleep technician will place sensors on your body and head, to monitor your breathing and sleep. This will take approximately 1 hour.

You will be allowed to move around until your usual bedtime, at which time you will be connected to the monitoring equipment in your room.

During the night, while you will still be able to move around in the bed, if you wish to use the bathroom, please alert staff with the call bell so they can disconnect you from the equipment, then reconnect you on your return.