

Sleep Studies at Cabrini Brighton

Patient Information

The Cabrini Brighton Sleep Centre is equipped with the latest diagnostic monitoring devices. It offers comprehensive overnight studies to observe and diagnose disorders during sleep, as well as other possible causes of sleep disturbance, sleepiness or daytime fatigue.

What is a sleep study?

A sleep study involves an overnight stay in the Cabrini Brighton Sleep Centre, where you will have your own private room with ensuite bathroom. It is a non-invasive test and does not cause any pain or discomfort. Prior to going to sleep, sensors are placed on various parts of the body including your head, face, chest, stomach, legs and fingers.

Throughout the night, sleep scientists monitor:

- *Brain wave activity*
- *Eye movements*
- *Muscle tone*
- *Heart rate*
- *Respiration*
- *Blood oxygen levels*
- *Limb movement*
- *Audio and visual recordings*

Sleep Study Procedure

On the night of your sleep study, we ask that you present to the hospital's reception (via main entrance on New Street) at 7:00pm, after having your evening meal at home. Underground carparking is available for \$15/night, or there is free street parking on surrounding streets.

Following admission, you will be shown to your room and given time to settle. A trained scientist will prepare you for the study.

The study concludes between 6:00 – 6:30 the following morning and breakfast is offered before being discharged shortly after.

What to Bring

- Sleep attire
- Toiletries
- Medication (in original packaging) and a list of prescribed medication
- Reading material or tablet/laptop if desired (a television is available in each room)
- Alcohol and snacks (if generally consumed before bed)
- Your own pillow and doona if desired

Results

At the conclusion of the study, the results are analysed by a sleep scientist to quantify and classify the night's events, with a subsequent review and conclusions completed by the reporting sleep physician. A report will be completed within two weeks, at which time you should see your sleep physician for review.

Fees

Cabrini Brighton is a private facility and hospital accounts will be sent directly to your private health fund. While there is no gap charged, you may be required to pay an excess or co-payment depending on your insurance policy. Please check with your fund for further details.

Uninsured Patients

If you have a sleep study at Cabrini Brighton without private cover, you will be responsible for the hospital and medical accounts as follows:

Hospital account:	\$895.00
Medical account:	\$597.40 (with a Medicare rebate of \$448.05)

If you have any questions regarding your sleep study, please don't hesitate to contact our rooms on 9591 0066.