

## Sleep Studies at Mildura Private

### Patient Information

The Mildura Private Sleep Laboratory 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 Mildura Private Sleep Laboratory, 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 to 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 hospital reception at 7:30pm, after having your evening meal at home.

Free overnight carparking is available at the front hospital carpark.

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

The study concludes between 6:00 – 6:30 the following morning and a light 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 and sent to your referring doctor. Should you wish to organise a telehealth consultation with one of our sleep physicians, this can be arranged by contacting our rooms on 9591 0066.

#### Fees

Mildura Private Hospital 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 Mildura Private Hospital without private cover, you will be responsible for the hospital account. There is no additional out-of-pocket fee for the medical account, which will be bulk-billed direct to Medicare.

Hospital account: \$565.00  
Medical account: \$448.05 (bulk-billed)

***If you have any questions regarding your sleep study, please contact our rooms on 9591 0066.***