



# Adelaide Institute for Sleep Health

www.adelaidesleephealth.org.au  
Repatriation General Hospital, Daws Road, Daw Park, SA 5041

## SLEEP STUDY PATIENT INFORMATION

Dear.....

A sleep study has been arranged for you at the Daw Park Sleep Unit on ..... at **8.30 pm**.

If this date is not convenient please let us know ASAP on **8275 1337**. It is also very important that you telephone us **at least 7 working days** prior to your study to confirm your attendance, as otherwise your room may be allocated to another patient.

**\* Please note a minimum of 12 hours notice is required for cancellation of the sleep study. Failure to do so will result in a fee of \$80.00. \***

On the following page is information regarding:

1. WHERE TO GO
2. WHAT TO BRING
3. MEDICATION
4. WHAT HAPPENS ON THE NIGHT OF THE TEST
5. WHAT HAPPENS AFTER THE TEST

### FEES (Applicable to all except Veteran Gold Card holders)

On arrival at the Sleep Unit you will be asked to complete a Medicare form (**please bring your Medicare card**), which will be sent to Medicare on your behalf. A Medicare cheque will be sent to your home address and **you will be required to return this plus a gap payment to the hospital**. (Unfortunately, the gap payment is *not* claimable from your private health fund).

The current gap payments are as follows:

Pensioners and Health Care Card holders	\$50.00
All others	\$100.00

*Please bring your Pension Card or Health Care Card if applicable*

*(These fees are subject to change without notice)*

If you have any questions prior to your sleep study please do not hesitate to call us on **8275 1337** (after hours number **8275 1149** after **6.00pm weekdays and weekends**).

## 1. WHERE TO GO

If you are driving, parking is available in the Outpatient car park, which in the evening, is accessible via the main entrance on Daws Road. Please report at the Admission and Discharge Centre.

## 2. WHAT TO BRING

- MEDICARE CARD
- NIGHTWEAR
- TOILETRIES
- A LIST OF ALL CURRENT MEDICATIONS
- CPAP MASK (NOT MACHINE) IF YOU USE ONE
- YOUR OWN PILLOW IF YOU WISH

## 3. MEDICATION

Please bring any medications that you would normally take at night or first thing in the morning. This also includes Paracetamol and similar medications, as Hospital policy states that prescription or over the counter medication cannot be administered by technicians in the sleep laboratory.

**Note:** According to sleep unit policy patients cannot bring or consume alcohol on the premises.

## 4. WHAT HAPPENS ON THE NIGHT OF THE TEST

A technician/nurse will connect some monitoring equipment to you in order to make measurements of your sleep quality, breathing patterns and body movement. They will explain exactly what they are doing. Please note that none of the procedures are painful in any way.

## 5. WHAT HAPPENS AFTER THE TEST

The sleep test ends at approximately 6.30am and you will be able to leave by 7.00am. A continental breakfast can be provided, upon request.

The results of the test will be sent to the specialist who requested it, and will be discussed with you at your next appointment.