



**Australia's only Accredited Private Paediatric Sleep Facility**  
**ST. LUKE'S HOSPITAL SLEEP CENTRE**

**ACCREDITED  
CONSULTANTS**

**Adult Respiratory / Sleep:**

Dr Kwok Y. YAN  
(Director)

Dr Anup DESAI  
Prof. David BARNES Dr  
George HAMOR  
Dr Paul HAMOR  
Dr. David JANKELSON  
Dr Brian JARVIE

**Consultant Paediatricians  
accredited also at Sydney  
Children's Hospital/ Sleep  
Physicians:**

A/Prof. ARTHUR TENG  
MB.BS (Syd), Dip. PAED  
(NSW); FRACP  
(Tel:02-9310 0606)  
[www.kidsleep.com.au](http://www.kidsleep.com.au)

Dr. GANESH  
THAMBIPILLAY  
MBBS, MRCP, FRACP

Dr. BRAD MARTIN  
MBBS Hons, MM, FRACP

Dr. GREG BLECHER  
MBChB, FRACP

Dr Natalie GENTIN  
MBChB FRACP

Dr Vishal SADDI  
MBBS, DCH, FRACP

**Neurologists / Sleep**  
Prof. ROY G. BERAN

**Clinical Manager:**

Mr G. J. HOLLAND=  
REEGT(UK), RPSGT

**What is a Polysomnography (Sleep Study)?** Recording of the various body functions during sleep. Brain activity, heart rate, eye and muscle activity, breathing & oxygen levels.

**Pre-Admission:**

Please contact your *health fund* to verify costs for your Hospital stay, note the Medicare item numbers are usually (a) **12210 (age: 0-12 years)**, or (b) **12213 (age: 12-18 years)**

- Please Ring Admissions with Medicare and Health Fund Details on receipt of this.
- Fill in the Pre-Admission Patient Details Form and send back to the Hospital.
- Please telephone the Hospital Food Services Department on 9356 0250 on the **morning** of admission **BEFORE 11am** to arrange your evening meal and breakfast requirements.

**Admission:** Admission time is **between 5-5.30PM** and discharge by **7.00am** the following morning. Preferably only **1 Parent/Carer arrives and stays the night**. Provided you are not remaining in hospital for the next day, you can go home or school after being discharged the following morning at the end of the study. For the Parent/Carer driving the next morning please do be careful as you might not have slept well overnight! Arranging a lift or using public transport might be a good idea!

Rooms are private and partners are not permitted to share the room overnight.

**For children (<=15 Years), 1 Parent/Carer MUST stay overnight. For older children this is optional and be discussed with the Hospital Supervisor or Sleep Centre Manager.**

Parent are expected to be with the child at all times. Parking is available at the Hospital (no cost, ignore the one hour limit sign). As with other medical procedures you may not meet the sleep specialist during your hospital stay.

**What to bring:**

- **Medicare card.**
- Toiletries (especially shampoo).
- **Medication. It is most likely you will continue to take medication/s as usual.**
- **Do not take any sleeping or other medications until you have been admitted and advised by the staff at the Sleep Centre.**
- Your own pillow it may help you sleep better.
- Change of clothes, pajamas or night dress.
- Books, work materials or other personal items of your choice. You will have your own telephone and television. **For younger children**, bring homework, toys, books or pillows the child is familiar with.
- Nail varnish remover or Eucalyptus oil to help remove any difficult glue. Use cotton wool and rub over the glue area in the morning.

**Discharge:** Check out at Reception on leaving.

**Once you have the sleep study date, PLEASE MAKE A FOLLOW UP APPOINTMENT FOR THE RESULTS AND TREATMENT WITH YOUR SLEEP SPECIALIST- do not wait till after the sleep study.**

**Keeping Informed:** We would appreciate you informing the Hospital at your earliest convenience if you have been ill in any way or if you are not available to keep your booking. We will inform you at the earliest possible time if there are any reasons to change your booking. If you have any queries please telephone the Hospital. ***Please ring with Medicare and Health Fund Details prior to the Study.***

**ALL ENQUIRIES: TEL 02-93560-200 / 9356-0325 FAX 02-9357-2334**  
**18 ROSLYN STREET, POTTS POINT, NSW 2011.**

PLEASE SEND COMPLETED ADMISSION FORM TO: Email: [bookings@slc.org.au](mailto:bookings@slc.org.au); OR Fax: 93560431; OR post to St Luke's Care, REPLY PAID 88520, Elizabeth Bay NSW 2011

**BOOKINGS /ADMISSIONS Phone: 93560283**