

Welcome to Mitcham Private Sleep Centre

We will be seeing you on _____

Mitcham Private Sleep Centre is a dedicated sleep disorder centre, that has been providing high quality services for over 20 years. Whilst located in Melbourne's leafy eastern suburbs the unit provides services to clients from all parts of Victoria.

The Private Sleep Centre is:

- 6 bed facility situated in a house, away from the hospital noises and replicates a home like environment
- Provides high quality, full Level 1, overnight sleep studies of the highest international standard for privately insured, DVA and self-funded patients
- Supported by a team of accredited, experienced Sleep Physicians, Scientists and Nursing staff
- Provides comprehensive assessment and management of a range of sleep disorders.

What to expect on the night of your sleep study

On the night of your sleep study, please have your evening meal as usual and go directly to Mitcham Private Sleep Centre. **Parking is available on site.**

Arrive at 7:15pm for Mitcham Sleep Centre Staff to greet you and show you around the centre and assign you to your room.

All studies are performed in private rooms, featuring comfortable beds, TVs and modern amenities to ensure the best possible sleep conditions. Ramps into the sleep centre for mobility impaired patients. Options for double beds are available.

Once settled in your room, the staff member will apply various sensors used overnight to record sleep quality, breathing patterns, and body movement. This is a painless, non-invasive procedure. (approx. takes 45mins)

After you have been wired up, you are free to read in bed or watch TV until you are ready to sleep.

You will be woken about 6 am the following morning. Once the sensors are disconnected you are free to leave. There will be gel in your hair which can be washed off in the shower. There are showers at the centre, but you are safe to drive home for a shower if you prefer.

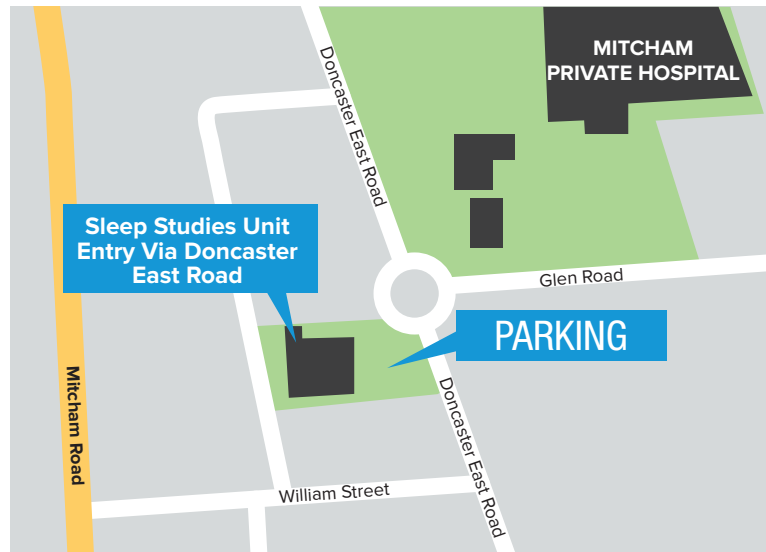
A light self-service breakfast is available in the morning and a light supper is available during your stay.

What to bring to your sleep study

- List of current medications and medications you require during your stay (no Medications on site).
- Toiletries
- Night attire such as pyjamas, night dress
- Bedtime reading or items for another relaxing activity.
- Your own pillow for comfort, if desired.
- If you have a CPAP mask and machine bring them with you.
- If you use an oral device during sleep such as splint or mouth guard bring that to use on the night.

How to get to Mitcham sleep centre

The Mitcham Private Sleep Studies Centre is located at **36 Doncaster East Road**, Mitcham, across the road from the main hospital. Please park in the Mitcham Private Sleep Centre car park as indicated on map.



Are there any costs if I have private health insurance or not?

Mitcham Private Sleep Centre is a private facility and hospital accounts will be sent directly to your private health fund.

Most funds cover sleep studies. You may be required to pay an excess or co-payment depending on your insurance policy. Please check with individual funds for further details.

The item number to quote to your health fund is 12203 if 16yrs old and over and 12213 if under 16yrs old.

Mitcham Private Hospital is happy to accept overseas and self-funded patients. Please contact our friendly team on 03 9210 3224 for a quote.

What to expect after the sleep study is completed

Make an appointment with your sleep specialist to obtain your sleep study results. Please note that your sleep study results will be ready for your Sleep Specialist in a timely manner.

Your appointment with your specialist for the results are

For more information please visit your web site <http://www.mitchamprivate.com.au>

And while there fill in your pre admission forms on line.

We look forward to seeing you.



Accredited for compliance with ASA
Standard for Sleep Disorders Services

Mitcham Private Hospital

36 Doncaster East Road
Mitcham VIC 3132

Ph: 03 9210 3224
mitchamprivate.com.au

 **Mitcham
Private Hospital**
Part of Ramsay Health Care