



The St Vincent's Hospital Sleep Unit is an important part of the Heart and Lung Department providing care for those who suffer from sleeping problems.

St Vincent's Hospital has a 2-bed in-patient Sleep Unit performing close to 400 sleep studies per year.

We assess and treat the following sleep disorders:

- Obstructive sleep apnoea
- Insomnia
- Narcolepsy
- Sleepwalking
- Restless legs
- Periodic limb movement
- REM behaviour disorder

The Sleep Unit provides a comprehensive inpatient and outpatient diagnostic and treatment service for patients with sleep disorders including: snoring, obstructive sleep apnoea, central sleep apnoea, nocturnal hypoventilation, hypercapnic respiratory failure, periodic limb movement disorders, narcolepsy, parasomnias, insomnia and excessive daytime sleepiness.

### **Diagnostic Sleep Studies**

An inpatient or outpatient portable diagnostic sleep study (overnight polysomnography) may be requested by a Sleep Specialist to document the existence of and quantify the severity of a range of sleep disorders.

The Sleep Unit also offers daytime sleep tests for patients with a history suggestive of narcolepsy and/or idiopathic hypersomnolence: Multiple Sleep Latency Test (MSLT) and Maintenance of Wakefulness Test (MWT).

### **Treatment Sleep Studies**

The Sleep Unit also provides comprehensive overnight treatment sleep studies (eg. CPAP or bilevel positive pressure titration studies) for patients diagnosed with sleep breathing disorders (e.g. obstructive sleep apnoea and nocturnal hypoventilation).

### **Appointments**

Contact Heart Lung Clinic on 8382 3150 for an appointment. Please bring your referral letter to your first appointment, as well as your Medicare and any concession cards.

St Vincent's Public Hospital Sleep Clinic  
Xavier 4, Heart and Lung Program  
Tel 02 8382 3150  
Fax 02 8382 3084

### **Helpful links**

[Australasian Sleep Association](#)

[Australasian Sleep Technologists Association](#)

[Sleep Disorders Australia](#)