

Melbourne MediSleep Centre

631 Inkerman Road
Caulfield North, VIC
(03) 9504 8400 OR (03) 9504 8283
www.medisleep.com.au



Patient Information

Dear _____

The date of admission for your sleep study is _____

Please arrive at _____ at: **MediSleep**
631 Inkerman Road
CAULFIELD NORTH 3161

Please complete as much of the enclosed 2 Week Sleep Diary as you can prior to your sleep study and bring the Sleep Diary with you when you attend the sleep study.

What Happens During Your Stay?

Upon admission to Melbourne MediSleep Centre, you will be shown to your private room. Once you have changed into your night attire, the sleep scientist will connect various electrodes and sensors. These are used to record sleep quality, breathing patterns and body movement. There are no painful or invasive procedures involved. Once connected, you can go to sleep as normal.

At approximately 6am the following morning you will be woken and disconnected from the monitors. Shower facilities are available.

In the morning, you will be admitted to Melbourne MediBrain Centre for a morning program about sleep. Breakfast will be served.

If you must leave prior to the completion of the program, please notify one of our staff and, an early discharge can be arranged.

The sleep scientist will not have the results for you in the morning. A detailed report will be formulated from the data collected during the sleep study within a few days. These results will be discussed with you at your follow up appointment.

PLEASE NOTE - There are two entrances to the building. Please drive through the left gate to parking at the rear. Return to the front of the building and enter through the front door. Please press intercom for entry.

What to Bring

Your usual medication
Toiletries and Night attire
Towels
Your own pillow (if desired)
Some bedtime reading material (There are no televisions in bedroom)

NB The use of computers and mobile phones may interfere with data collection and as such must be turned off before beginning study.

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Summary of Fees

Sleep Study Fee:

The full fee of the sleep assessment is \$800.

This covers:

- the cost of an overnight hospital stay at MediSleep
- the cost of performing the sleep study (acquisition, analysis and reporting of data)
- the cost of morning program at MediBrain.

Privately Insured Patients:

A deposit of \$100 (non-refundable) will be taken at the time of booking. The balance will be covered by your private health fund. Depending on the health insurance provider and policy you have chosen, excess may be payable.

Uninsured Patients:

Patients without private health insurance will be charged a discounted rate of \$700.

Bookings and Cancellations:

Credit Card details and a deposit of \$100 (non-refundable) will be taken at time of booking. The remaining balance will be charged to the credit card following completion of the study. Should you need to cancel your study please contact Melbourne MediBrain and MediSleep Centre on (03) 9504 8400 at least 3 working days before the sleep test.

Booking Changes:

Any changes to sleep study bookings must be made at least 72 hours prior to the scheduled admission date. Any changes made after this will be subject to the full fee payable.

Accuracy Disclaimer

This information is correct at the time of printing and is subject to change. Every effort will be made to inform patients of any changes as soon as they become known.

Name: _____

Signature: _____

Date: ____ / ____ / ____

International Institute of Psychopharmacology trading as Melbourne MediBrain and MediSleep Centre is a fully registered and accredited private hospital (2010/2461) as per certificates displayed in our reception in accordance with the Health Services Act of 1988.