

Waratah Sleep Clinic Information Sheet

WE WANT YOU TO FEEL AT HOME

Please call us on 02 8405 7555 to confirm your appointment one business day prior to your test. Failure to confirm your appointment may result in CANCELLATION OF YOUR BOOKING.

Before arriving at the clinic, please have a shower using soap or shower gel and wash your hair using shampoo. **DO NOT USE** any hair conditioner, gel or cream on your hair or on your face.

Please have your dinner and your regular medications **before** attending the clinic.

If you take a regular sleeping tablet or you have been prearranged by your referring doctor to take one for the study night then this should be taken **after** you arrive at the sleep clinic.

Female: Remove any makeup, foundation from your face and nail polish from your two index fingers.

Male: Please shave on the day of attending the clinic.

Free, undercover, secured **car parking** is available within the building. When you arrive follow the signs into the car park. You will need to remember to validate your parking ticket at reception on the ground floor before leaving in the morning.

Please **arrive at 7:00 pm sharp** and make your way up to level 1 via the lift and wait in the reception area. The nursing staff will meet you and admit you to the hospital. After this the technician will show you to your room where you can change into your pyjamas and relax until you get set up for the test.

You will have your own room with a shower and toilet, you will also have a TV and FREE WIFI.

If you need anything please press the nurse call button (+) on the TV Controller next to your bed.

YOU MAY BRING WITH YOU:

- Your toiletries, such as a toothbrush, toothpaste, deodorant, shampoo, soap.
- A loose-fitting set of pyjamas, top and bottom (you must sleep with your pyjamas on).
- Any medication or puffers you need for the night and the following morning.
- If the doctor prescribed you sleeping tablets please bring them with you.
- Your laptop, tablet or reading materials for your entertainment.
- Please ask the staff for the WIFI password if needed. The WIFI service is free.

You will be **woken up at 6:00am** the following morning and discharged between 6:30am – 7:00am.

If you need to leave earlier please notify our friendly staff. However, a minimum of 8 hours of recording is required for a valid test.

Breakfast and hot beverages will be served in the morning.

We hope you enjoy your stay and thank you for choosing Waratah Sleep Clinic.