

Visitor Map



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Sleep Unit
Location
4G

Important Information

Liverpool Hospital
Sleep Investigation Unit
Entrance J
Level 4, Clinical Building
Ward 4G

Tel 8738 7470

Important Information

If you are unable to attend on the date given, it is critical that you inform us as soon as possible.

If you are not well on the day of your study, please contact the Sleep Unit.

It is important to confirm your booking by phone no later than 72 hours prior to your appointment.

Phone: 02 87387470
Monday to Friday 8.30am-4.30pm

The appointment will be cancelled if you do not confirm your appointment.

Transportation and Parking

It is recommended that you do not drive yourself home following the study as you will have wires and equipment on your body and hand.

Best entrance for Sleep Unit is Entrance J on Burnside Drive. Do not enter the hospital via Emergency or Elizabeth Street.

There is paid overnight parking available in parking station P3 or P2. Liverpool Hospital is close to both Liverpool and Warwick Farm train stations.

The sleep unit is located on Level 4 of the Clinical Building, Ward 4G next to lift C.



Health
South Western Sydney
Local Health District



Patient information sheet – What is a home sleep study?

During a home sleep study, a sleep technician will attach sensors to your head and body using paste and tape. Sometimes, in preparing the sites for sensor application, there are mild temporary irritations; please inform staff if you have known latex allergies or sensitivity to tapes.

You must wear comfortable clothing that you will be going to bed with or bring in with you to change. You won't be able to change clothing after the device is fitted on you.

Once the equipment has been fitted by the sleep technician, you will be able to go home. Please return all equipment to the Sleep Investigation Unit by **11:00 am** the following day.

We recommend that someone drives you home after your appointment. The monitoring equipment and attached wires may restrict your normal movement and could affect your ability to drive safely.

The results will be provided to your Sleep Physician four weeks following your sleep study. You can make a follow-up appointment with them once you have an appointment date for your sleep study. Please ensure that your follow-up appointment is no earlier than 4 weeks following your sleep study.

How do I prepare for a sleep study?

- Try to have a normal sleep the night prior to the study and keep a normal routine.
- Wash your hair and do not use hairspray, gel or oil before the study
- Shave facial hair if you do not have a beard.

What to bring?

- Medicare or DVA card
- Medications

Bring a list of all medication that you take over a 24-hour period, including supplements and a list of current medications.

Do not bring valuables, jewellery or large amounts of cash as the hospital will not take responsibility for any loss.