

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 02 8738 7470

Important Information

If you require assistance with mobility, personal care or taking medications, you will be required to attend with a carer.

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

Mon to Friday 8.30am-4.30pm

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

Transportation and Parking

As your sleep may be disrupted on the night of the study, it is recommended that you do not drive yourself home following the study.

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.



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Patient information sheet – What is a sleep study?

During a sleep study, breathing, oxygen levels, brain waves and muscle activity are monitored while you sleep at night.

Sensors are attached to your head and body using paste and tape, infra-red digital video is recorded, and the information is collected by Sleep Technicians and analysed by Sleep Scientists.

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.

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.

You will have your own room and a bathroom. A meal will be provided at 5:30pm and breakfast (cereal, bread, butter, jam, and juice) at 6:15am. If you require more or different food options, there are limited food outlets on the ground floor, or you may bring food from home.

You will need to advise the Sleep Unit of any special dietary needs when confirming your booking.

There are televisions in each patient room for viewing at no cost before and after the test.

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.



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What to bring?

- Medicare or DVA card
- Medications

Bring all medication that you take over a 24-hour period, including supplements and a list of current medications. The Sleep unit is unable to provide any prescribed or non-prescribed medication.

- Any Equipment

Prescription glasses, walking aids, hearing aids, wheelchair.

- Pyjamas and Toiletries

Patient rooms can become cold so please bring warm sleep wear

- CPAP or BiPAP Machine

With mask, humidifier and tubing.

- Carer if you require one

If you usually require assistance at home with mobility, taking your medication or toileting, you will need to bring a carer. The carer will stay in the room with the patient and will be provided with a recliner to sleep on. Please advise the Sleep Unit as early as possible if a carer is staying with you.

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