



PAEDIATRIC PATIENT INFORMATION

2 / 83 Kareena Road, Miranda NSW 2228
Ph: 9195 6677

Please Note: street parking only

*** Rapid Antigen testing is mandatory the morning the booking date prior to physical attendance for the parent/carer and all patients over 3 months of age ***

Fees available on request

Description	Medicare Item #	Medicare Rebate
Initial Sleep Consultation	132	\$249.40
Initial Sleep Consultation	110	\$142.60
Diagnostic Sleep Study (Children 0-11 Years)	12210	\$675.50
Diagnostic Sleep Study (Children 12-17 Years)	12213	\$599.30
CPAP Titration Sleep Study (Children 0-11 Years)	12215	\$675.50
CPAP Titration Sleep Study (Children 12-17 Years)	12217	\$599.30
Multiple Sleep latency (MSLT) Sleep Study (Children 0-11 Years)	12268	\$1032.20
Multiple Sleep latency (MSLT) Sleep Study (Children 12-17 Years)	12261	\$959.05
Follow Up Sleep Results Consult	133	\$124.90
Follow Up Sleep Results Consult	116	\$71.40

***If you are wishing to check if you can claim the sleep study, from your private health insurer, you must specify we are an **OUTPATIENT FACILITY**, run by Dr Virginia Oliveira, Provider #299534BA and quote the applicable item number(s).

Full payment is required on the day of the Sleep Study. **The credit card details provided at time of booking will secure the study date and will be used to process payment during the day, prior to your arrival.** The Medicare claim receipt will be left for your collection from our sleep technicians along with our Wi-Fi address and password.

Results

You must have a consultation with the paediatric sleep specialist to discuss the sleep study results where you will be provided a report. These results will not be released prior.

Arrival Time

Please arrive **between 5.30-6.00pm** on the evening of your child's sleep study.

Only ONE parent to attend and stay overnight with child. We do not and cannot allow both parents overnight.

In Preparation

- Please have your child **shower before arriving**, please ensure to leave head/hair dry.
- We ask that you have **dinner at home** before arriving, to ensure your child has a meal they will enjoy.
- We have a kitchenette with a kettle, microwave and refrigerator for your use. Tea, coffee, milk, biscuits and fruit will also be available.
- A photo gallery of what the monitoring equipment set up and the sleep lab rooms is available on our website www.thesleepcottage.com.au should you wish to create a social story for child to discuss what will take place.

What to bring with on the night

- **Suitable clothing for sleeping:** this may be loose fitting pyjamas or a comfortable shirt and pants. No 'onesies' or tight-fitting clothing please. Please ensure to bring a pair of above ankle socks. *Adults MUST wear pyjamas.*
- **Any medications** that your child normally requires in the evening and before sleep.
- **A favourite toy or blanket** that your child would like to play with or sleep with during their stay.
- **A pillow** if your child would feel more comfortable using their own.
- **Toiletries** such as a toothbrush.
- **Books or games** to play with during the set up and until bedtime. If you wish to bring a device, Wi-Fi details will be provided to you. Please ensure to bring headphones for all devices to minimise noise for other patients.

What to expect on the night - for all types of sleep studies

- Upon arrival, you will be shown to your private room. You will be staying in the same room as your child.
- After you are settled in, our friendly sleep technicians will set your child up for their sleep study by applying several leads to their head, face and body. The equipment takes about 45 minutes to apply and does not hurt at all. The sleep technician will explain this procedure in more details on the night.
- The recording of the sleep study will start after the equipment is set up, and as close to the child's regular bedtime as possible. At this time, we ask that electronic devices and lighting in the room is switched off.

For CPAP or MSLT Sleep Studies only

- **CPAP studies:** Please bring your CPAP machine (ensuring data card is attached), mask and tubing. The whole night will be spent with the child on our own CPAP device, with staff monitoring and remotely adjusting the pressure overnight to achieve a pressure that will provide the most benefit to your child.
- **Split Diagnostic/CPAP studies:** This involves half the night as a diagnostic and the other half of the night as a CPAP titration (as described above).
- **MSLT:** Please bring food for the daytime component of study. You will be required to remain on premises for the full day. After completing an overnight diagnostic sleep study, your child will be required to remain on our premises during the day, so bring an easy to prepare breakfast and lunch. Half of the monitoring equipment used overnight will be taken off and your child will be asked to try and sleep at various points of the day.

Next morning

Your child will be woken up at **approximately 6:00am** on the following morning and discharged shortly after. Please inform our staff if you need to leave earlier than this. Late discharge is not available. The Sleep Cottage closes at 7:00am.

Cancelling, Rescheduling, Confirming Appointments and Non Attendance

We require a **minimum of 72 hours'** notice to cancel or reschedule the study for any reason.

A cancellation fee of \$650 is payable if cancelling in less than 24 hours' notice.

Contact Us

Office staff are available between 9:00am and 4:30pm Mon – Fri should have any questions or concerns regarding your sleep study.

After 5pm on Wed – Fri, calls will divert to our night phone should you be running late or have an urgent matter you need to inform our Sleep Technicians.

Phone: 9195 6677

Email: frontdesk@thesleepcottage.com.au

Website: www.thesleepcottage.com.au