



2 / 83 Kareena Road, Miranda NSW 2228 ***street parking only***
Phone: 9195 6677 Email: frontdesk@thesleepcottage.com.au

PAEDIATRIC PATIENT INFORMATION

All sleep investigations require an initial consultation with a Sleep Specialist. If an overnight sleep study is required, this is a service we also provide at our private practice.

Please contact our practice for costs involved.

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 below applicable item number.

- Medicare item 12210 for **sleep study (children 0-11 years)** with a Medicare rebate of \$639.10
- Medicare item 12213 for **sleep study (children 12-17 years)** with a Medicare rebate of \$567.35

What is involved for a sleep study?

Arrival Time

We ask that you arrive between **5.30-6.00pm** on the evening of your child's appointment.

In Preparation

- Please have your child **shower before arriving**, please 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 kitchen with a kettle, microwave and refrigerator. Tea, coffee, milk and biscuits will also be available.

What to bring with you

- **Suitable clothing for sleeping:** this may be loose fitting pyjamas or a comfortable shirt and pants and a pair of socks. No 'onesies' please. **Please ensure to bring a pair of above ankle socks.**
- **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 to minimise noise for other patients.

What to expect on the night

- Upon arrival, you and your child will be shown to your room. You will be staying in the same room as your child and this will be a private room.
- 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.

Next morning

Your son/daughter will be woken up at approximately 6:00-6:30am on the following morning and discharged shortly after. Please inform our staff if you need to leave earlier than this.

Canceling, Rescheduling, Confirming Appointments and Non Attendance

We require a minimum of 72 hours' notice to cancel or reschedule a consultation or the study for any reason. A cancellation fee is payable if cancelling in less than 24 hours' notice.