

About the Woolcock Clinic



The Woolcock Clinic is a world-leading medical centre specialising in the diagnosis and treatment of sleep and breathing disorders.

Our dedicated clinicians are at the forefront of international health research, providing our patients with access to the very latest, evidence-based approaches in high quality care.



**The Woolcock Institute of Medical Research
is a not-for-profit organisation**

If you are interested in further information about becoming involved in our research studies or making a donation, please visit our website www.woolcock.org.au.

Your contribution will make a difference.

Thank you for your support.

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www.woolcock.org.au

Sleep Services at the Woolcock Clinic



ABOUT THE WOOLCOCK SLEEP UNIT

The sleep unit at the Woolcock Clinic is equipped with modern testing facilities and comfortable patient accommodation. We have 11 sleep study beds including four for paediatric sleep investigation accommodating children and a parent.

SLEEP STUDY TESTING

The Woolcock Clinic is equipped to perform a range of sleep study tests including:

- Diagnostic Sleep Studies (Adult and Paediatric)
- Treatment Sleep Studies (CPAP Titration)
- Multiple Sleep Latency Test (MSLT)
- Maintenance of Wakefulness Test (MWT)
- Home (Portable) Sleep Studies (Adults only)

TREATMENT OPTIONS

The Woolcock Clinic offers a wide range of treatment options including weight loss services, positional therapy, oral appliances, continuous positive airway pressure (CPAP), nasal or mouth/throat surgery for patients suffering from obstructive sleep apnea (OSA) and cognitive behavioural therapy for insomnia patients.

Our unique, inter-disciplinary approach ensures that patients have access to a range of specialists with expert skills to treat different aspects of their sleep disorder, all under the one roof. Treatment options are tailored for each patient.

PAEDIATRIC SLEEP CLINIC

The Woolcock Paediatric Sleep Clinic assesses and manages all sleep disorders in infants, children and teenagers. Our multidisciplinary specialists and sleep technicians have extensive experience working with children to ensure they get the sleep they need for healthy growth and development.

INSOMNIA CLINIC

Insomnia is a common and debilitating sleep disorder that can be cured with help from the sleep specialists at the Woolcock. We offer a choice of individual consultations with sleep psychologists or group workshops. Our insomnia workshop is a specialised program based on international research. It involves two group sessions and two individual consultations which are designed to help patients re-learn sleep and become confident about gaining control of their sleep. This method of treating insomnia involves cognitive behavioural therapy. Research shows it to be the most effective long-term treatment for insomnia.

THE WOOLCOCK THERAPY CENTRE

CPAP is a common and proven treatment for Obstructive Sleep Apnoea (OSA) but some patients experience problems when they start using it.

The Woolcock Therapy Centre offers expert help and advice to assist patients in achieving the best possible outcome. Our highly experienced CPAP therapists assist patients from the start and throughout their CPAP journey. We assist in resolving problems, which improves compliance and clinical outcomes and we also offer complimentary CPAP education sessions.



WORLD-LEADING RESEARCH AT THE WOOLCOCK

The Woolcock Clinic is part of the Woolcock Institute of Medical Research, a prestigious and internationally recognised, not-for-profit, sleep and respiratory medical research institute. Our patients gain access to the latest approaches to care, treatment and prevention of sleep and respiratory disorders.

RESEARCH SLEEP STUDIES

In addition to the clinical sleep services offered at the Woolcock Clinic, the Woolcock Institute of Medical Research conducts research on a range of sleep disorders including REM behaviour disorder, delayed sleep phase disorder, shift work sleep disorders, obstructive sleep apnea, narcolepsy, obesity hypoventilation syndrome and their inter-relationships with various disease processes such as Parkinson's disease, Alzheimer's disease, dementia and hypertension. Potential research participants must consent to involvement in research and meet the research study essential inclusion criteria.

For further information see: www.woolcock.org.au/sleep-research. Your help in supporting sleep research, along with the help of participants, is greatly valued.

MAKE A BOOKING

The Woolcock Clinic is open Monday to Friday, 8:30am to 8pm for consultations. We offer fast turnaround times, with bookings for sleep studies usually available in less than 10 business days.

Our friendly, professional staff are dedicated to improving your quality of life. You can contact us on:

T 02 9805 3000

E reception@woolcock.org.au

W woolcock.org.au/request-an-appointment/

Please ensure you have a GP referral.