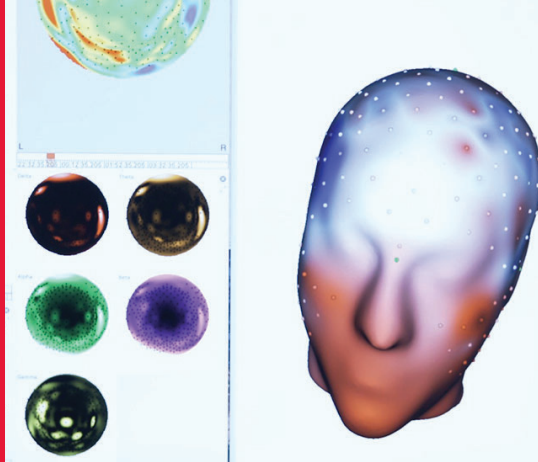


About the Woolcock NeuroSleep Clinic



The Woolcock NeuroSleep Clinic is a world-leading clinic specialising in the diagnosis and treatment of sleep disorders, neurodegenerative and/or mental health problems.

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.

P 02 9114 0000
F 02 9114 0010
E info@woolcock.org.au

www.woolcock.org.au

Woolcock NeuroSleep Clinic



WOOLCOCK 
LEADERS IN BREATHING & SLEEP RESEARCH

SLEEP AND THE BRAIN

Increasingly, the consequences of sleep disorders are being linked to loss of overall health, wellbeing and reduced life expectancy. In particular, poor sleep is associated with brain-ageing related health problems and diseases.

Sleeping problems are also a common consequence of neurological and mental health diseases. Not only does this impact negatively on these diseases, but sleeping problems can often be an early indicator that helps with diagnosis. These bi-directional relationships between sleep and disease form the basis for much of the research we conduct at the Woolcock NeuroSleep Clinic.

AN INTER-DISCIPLINARY APPROACH

The Woolcock Clinic specialises in the diagnosis and treatment of sleep and breathing disorders.

Our unique, inter-disciplinary approach ensures patients get access to a range of specialists under one roof with expert skills to treat different aspects of their conditions.

This includes:

- Neurology
- Sleep medicine
- Psychiatry
- Geriatrics
- Rehabilitation medicine

WORLD-LEADING RESEARCH AT THE WOOLCOCK

The Woolcock NeuroSleep Clinic is part of the Woolcock Institute of Medical Research, a prestigious and internationally-recognised sleep and respiratory medical research institute. This allows our patients access to the best and latest approaches in the care, treatment and preventative measures in sleep and respiratory disorders. We recognise the growing

evidence that links sleep and neurodegenerative diseases and facilitates the clinical research being conducted by many of Australia's leading researchers in the field.

NEUROSLEEP CLINIC

The Woolcock NeuroSleep Clinic is a world-leading medical centre specialising in the diagnosis and treatment of sleep disorders, neurodegenerative and/or mental health problems.

We aim to improve cognition, workplace safety and health outcomes in patients with sleep problems such as shift workers, patients with sleep disorders, neurodegenerative and/or mental health problems.

HIGH-DENSITY EEG AT THE WOOLCOCK

Sleep is important for learning and memory processes and disrupted sleep may underlie changes in cognitive functions that occur with older age including memory impairment. Our high-density electroencephalography (HDEEG) facility, housed at the NeuroSleep Clinic, allows our team to use novel approaches to examine the neurophysiology of sleep.

HDEEG is a non-invasive technique that uses a special sensor net worn on the head to record detailed brain activity during sleep and wakefulness



from 256 electrode sites. Using this innovative technology we can examine brain waves during sleep to help us understand the impact of sleep disturbance on cognition and sleep-dependent memory processes.

Researchers at the Woolcock Institute of Medical Research work with the best and brightest across Australian and international universities and research institutes. Our network of internationally-linked researchers, with expertise from a wide range of disciplines, are collaborating to bring us closer to answering fundamental questions about sleep and cognitive function.

AN INTEGRATED SERVICE

The Woolcock NeuroSleep Clinic offers an integrated service for patients who often have overlapping co-morbidities including:

- Sleep Disorders
- Parkinson's Disease and related conditions
- Memory Loss, Dementia and Alzheimer's
- Mental Health and Depression
- Cognitive Impairment

As part of your diagnosis, you may be referred for a sleep study at the Woolcock Sleep Clinic. Please visit our website for more information (www.woolcock.org.au/sleep-study).

MAKE A BOOKING

To book an appointment at the Woolcock NeuroSleep Clinic, contact us on:

T 02 9114 0000

E reception@woolcock.org.au

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

Please ensure you have a GP referral.

To find out more, go to www.woolcock.org.au/clinic.