

## Who Are We?



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

Our dedicated clinicians are at the forefront of international health research, ensuring our patients get access to the very latest approaches in health 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](http://www.woolcock.org.au).

Your contribution will make a difference.

Thank you for your support.

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# Welcome to the Woolcock Clinic



**WOOLCOCK**  
LEADERS IN BREATHING & SLEEP RESEARCH



## ABOUT THE WOOLCOCK CLINIC

We specialise in the diagnosis and treatment of sleep and breathing disorders. Our team of expert medical practitioners provide the best possible care and treatment plans following a thorough review of each patient's medical condition. They are at the forefront of the fields, supporting patients with the latest innovations in diagnosis and cutting-edge evidence-based medicine.

*"Sleep technician was excellent, interested without being forward, professional without seeming detached, friendly, welcoming, responsive. Nothing was too much trouble."*

## AN INTERDISCIPLINARY APPROACH

Our unique, inter-disciplinary approach ensures patients have access to a range of specialists under one roof with expert skills to treat different aspects of their sleep or breathing condition. These include:

- Sleep and respiratory physicians (adult and paediatric)
- Ear, nose and throat (ENT) specialists
- Psychologists
- Psychiatrists
- Neurologists
- Weight loss, exercise physiology and endocrinology specialists
- Dentist
- CPAP therapists
- Rehabilitation physicians
- Paediatric allergist and immunologist

With over 35 clinicians, we provide a comprehensive range of services for issues such as asthma, chronic obstructive pulmonary disease, allergies, obstructive sleep apnea, insomnia, narcolepsy and parasomnias.

## STATE-OF-THE-ART FACILITIES

The Woolcock Clinic is equipped to run a range of comprehensive diagnostic tests including:

- Overnight sleep studies (adult and paediatric)



- Home (portable) sleep studies
- Daytime sleep tests (Multiple Sleep Latency and Maintenance of Wakefulness)
- Allergy testing (paediatric)

Our clinic is equipped with modern testing facilities and comfortable accommodation with 11 beds for sleep investigation.

## SPECIALISED SERVICES

The technicians in our Sleep Clinic are trained to perform the full range of diagnostic tests and we house Australia's only interdisciplinary paediatric and adolescent sleep service.

Our Insomnia Clinic offers a choice of individual consultations with sleep psychologists or group workshops using cognitive behavioural therapy, the most effective long-term treatment for insomnia.

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

Our Narcolepsy and Excessive Sleepiness Clinic provides a range of services including early diagnosis, ongoing wellbeing support and management and access to cutting-edge research and clinical trials.

At our Weight Loss Clinic, we offer patients with sleep disorders or other weight-related lifestyle conditions

a supervised weight loss program conducted by an accredited exercise physiologist and nutritionist.

## WOOLCOCK THERAPY CENTRE

Continuous positive airway pressure (CPAP) is a common and proven treatment for obstructive sleep apnea (OSA) but some patients have problems when they start. The Woolcock Therapy Centre provides individualised help and advice that is vital to successfully using CPAP. We have dedicated CPAP therapists to assist people starting and adhering to treatment and offer complimentary CPAP education sessions.

## WORLD-LEADING RESEARCH

The Woolcock Clinic offers a unique environment for patients to experience the care of clinicians who are world leaders in sleep and respiratory health research and clinical practice.

We are part of the Woolcock Institute of Medical Research which allows our patients access to the latest approaches in care, treatment and preventative measures in sleep and respiratory disorders.

*"Booking process was smooth. The staff are so helpful and lovely. Everything was excellent. Warm, friendly, efficient and informative. We felt we were in very safe hands" - Suzie W.*

## 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](mailto:reception@woolcock.org.au)

**W** [woolcock.org.au/request-an-appointment/](https://woolcock.org.au/request-an-appointment/)

Please ensure you have a GP referral.