

# Thinking about a sleep study?

Approximately one in every five adults has Sleep Disordered Breathing. In Australia, that's more than 4.2 million people. Up to 80% of these are unaware of their condition and remain undiagnosed and untreated. Snoring and sleep apnoea often occur together.

## Your airway may:

- Narrow, limiting airflow as you breathe
- Vibrate, commonly heard as snoring
- Collapse, so you stop breathing



## Symptoms that may indicate Sleep Apnoea:



### Day-time symptoms



< Falling asleep during routine activities

Early morning headaches >



< Poor concentration

Daytime sleepiness >



< Irritability



### Night-time symptoms



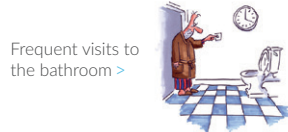
< Loud persistent snoring



Witnessed pauses in breathing >



< Choking or gasping for air



Frequent visits to the bathroom >



< Restless sleep

## ...and if left untreated, may increase the risk of long term consequences of

- High blood pressure
- Heart failure
- Heart attack
- Abnormal heart rhythm
- Type II diabetes
- Stroke

## Bendigo Sleep Lab

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## Opening hours:

Monday - Thursday, 9am - 5pm

Friday, 9am - 12noon

Follow us   



## Payment Plans

At Bendigo Sleep Lab, we also understand CPAP therapy can be a considerable cost when it comes to purchasing equipment. We are the only CPAP provider in the area to offer payments plans over 18 months on CPAP equipment.

## Appointments

Date \_\_\_\_\_ Time \_\_\_\_\_

Date \_\_\_\_\_ Time \_\_\_\_\_

*Please be aware any sleep study equipment is to be returned the following day.*

# how do you SLEEP?



**bendigosleeplab**  
sleep & snoring solutions

# What we do

Bendigo Sleep Lab has been in operation since April 2009 and has been growing and evolving ever since. We specialise in home based sleep studies and professional treatments for a broad range of sleep problems such as Snoring, Sleep Apnoea, Circadian Rhythm Disorders and Insomnia. Since 2021, a custom built overnight laboratory was built to cater for in-laboratory sleep studies for the Central Victorian region (see picture to right).

Not only do we provide telehealth consultations with our Sleep and Respiratory Specialists, Dr Vikas Wadhwa and Dr Hamna Sahi, but we provide bulk billed Sleep Psychologist sessions by Professor Gerard Kennedy. This benefits both the practitioners and patients having such a holistic approach to sleep medicine in one location.

We also have qualified staff who offer ongoing support and friendly advice every step of the way, no matter what their treatment recommendations.

## Onsite Specialised Sleep Psychology Services

Professor Gerard Kennedy, another specialist in the Sleep Medicine field available and offering bulk billed consultations to those with a GP Mental Health Care Plan.

Prof Kennedy can help with:

- Insomnia (can't get to sleep)
- Sleep onset issues (takes a long time to get to sleep)
- Maintenance of sleep issues (wake and can't get back to sleep)
- Circadian rhythm disorders
- CPAP therapy adherence
- Anxiety about sleep



# What is a sleep study?



A sleep study is the most involved medical test you can have and below explains what we analyse in detail.

A sleep study includes the recording and monitoring of bioelectric signals from various locations on the body. The electrodes on the head record brain waves (EEG), eye movements (EOG) and muscle activity (EMG) from the chin.

Signals from the rest of the body include the recording of airflow from sensors placed under your nose and chest and abdominal respiratory movements by means of belts placed around your torso.

Additional recordings include the electrocardiogram (ECG), Right and Left Anterior Tibialis (leg muscle) recordings and pulse oximetry from a sensor on your finger.

### Glossary

EEG - Electroencephalograph, EOG - Electrooculogram, EMG - Electromyogram

## Study types

