

Sleep Clinic



CENTRE FOR
Community
Child Health

About this clinic

The Sleep Clinic is based at the Centre for Community Child Health. Children from infancy through to 18 years of age are evaluated for all types of sleep problems.

Patients are bulk billed for their consultations and therefore will need a referral letter from their local doctor or paediatrician.

This clinic is held weekly on a Friday afternoon.

About sleep problems

Up to one third of families have concerns about their child's sleeping patterns which can have a major impact on the performance of the child at home and school, and on family functioning.

Problems seen include:

- Bedtime difficulties and frequent night time waking
- Obstructive sleep apnoea, snoring and breathing difficulties
- Night terrors, sleep walking, and other parasomnias
- Night time anxiety
- Sleep disturbances in developmentally disabled children
- Insomnia and circadian rhythm disorders
- Excessive daytime sleepiness and narcolepsy
- Periodic limb movement disorder

Sleep Studies

When a sleep study is clinically indicated this is arranged at the Melbourne Children's Sleep Unit, based at Monash Medical Centre.

Patients are followed up back in the Sleep Clinic with the sleep study results.

Consultant Paediatricians

Dr Margot Davey

Dr Anita D'Aprano

Dr Mandie Griffiths



Appointments

Making an appointment

Appointments can be made by:

Telephone: **03 9345 5466**

Fax: **03 9345 7043**

Email: **clinic.ccch@rch.org.au**

Before making the appointment, you:

- Must have a referral from a doctor. Please note that a referral from your GP is valid for 12 months and a referral from a specialist is valid for 3 months. This must be forwarded to the clinic before an appointment can be made.
- Will be asked if the child has a UR number (Unit Record Number) from the Royal Children's Hospital. If the child has attended the Royal Children's Hospital before, they will have a UR number. If the child has not attended the Royal Children's Hospital before, it will be necessary for us to send you a registration form for completion and return before the appointment.

Location

The Sleep Clinic is located at the:

- Specialist Clinics
Centre for Community Child Health
6th Floor South East Building
Royal Children's Hospital

The front entrance to the South East Building is off Gatehouse Street, near the carpark entrance.

If you enter the hospital through the main entrance in Flemington Road, go to the lower ground level, follow the signs and the green line on the wall to the South East Building and take the lift to the 6th Floor. Turn right as you come out of the lifts and enter the Specialist Clinics through the glass door.

