



Information for Patients

FREQUENTLY ASKED QUESTIONS

Part 1



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My partner noticed that I snore, and stop breathing during sleep, what should I do?

We recommend that you discuss these issues with your General Practitioner, who may refer you for an overnight sleep-study, and/or a consultation with a Specialist Sleep Physician.

I often feel unrefreshed in the morning, or sleepy during the day – what should I do?

We recommend that you discuss these issues with your General Practitioner, who may refer you for an overnight sleep-study, and/or a consultation with a Specialist Sleep Physician.

Can my sleep contribute to my high blood pressure?

Some sleep-conditions, such as obstructive sleep apnoea, are positively associated with high blood pressure. Having a sleep-study to investigate/treat sleep apnoea may help in the management of your high blood pressure.

Do I have to pay for a sleep study?

Many of SNORE Australia's sleep laboratories routinely bulk bill all overnight sleep-studies. A \$50 bed fee applies.

Our Private Sleep Clinics bill your private health insurer – depending on your type of cover, you may incur an excess fee. Our friendly staff will help you find out where you can have your study to suit your needs.

What treatments are available for sleep disorders?

Treatment of any medical problem depends on the nature and severity of the condition. Medical treatments exist for essentially all sleep-conditions. All treatments recommended by the Sleep Physicians at SNORE Australia are based on current best evidence and standards.

Does alcohol affect sleep?

Alcohol can have significant impact on your sleep. See the SNORE Australia website for more information.