

### WHO ARE WE?

The Woolcock Clinic is a worldleading 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.



### HOW DO I GET TO THE WOOLCOCK CLINIC?

The Woolcock Institute of Medical Research is conveniently located on the corner of Glebe Point Road and Leichhardt Street, Glebe.

**PARKING:** 2 hour free parking is available on Glebe Point Road and surrounding streets.

If you have a clinic appointment or are staying overnight for a sleep study you can use our secure underground parking.

**PUBLIC TRANSPORT:** We are close to Central Station and easily accessible by bus and light rail. Bus 431 stops directly outside our front entrance. Bus 433 and 370 stops within a five minute walking distance.

The Metro Light Rail runs from Central Station to Glebe. The closest stations are 'Glebe' and 'Jubilee' (ten minute walk).



### **CONTACT US**

T +61 2 9114 0000

F +61 2 9114 0010

E reception@woolcock.org.au

431 Glebe Point Road Glebe NSW 2037

### www.woolcock.org.au

# Welcome to the Woolcock Clinic



### **ABOUT US**

## We specialise in the diagnosis and treatment of sleep and breathing disorders

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
- Full lung function tests
- Allergy testing (adult and paediatric)

### SLEEP AND RESPIRATORY CLINIC: AN INTER-DISCIPLINARY APPROACH

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 sleep or breathing condition. This includes:

- Sleep and respiratory physicians (adult and paediatric)
- Ear, Nose and Throat physicians
- Psychologists
- Psvchiatrists
- Neurologists
- · Endocrinologist and Andrologist
- Dentist
- CPAP therapists
- Exercise physiologist and nutritionist
- Paediatric allergist and immunologist

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

#### STATE OF THE ART FACILITIES

Our clinic is equipped with modern testing facilities, comfortable patient accommodation and is conveniently located in Glebe, close to Sydney's CBD. We have 14 beds including two paediatric for sleep investigation.

### **CPAP CLINIC**

Continuous Positive Airway Pressure (CPAP) is a common and proven treatment for obstructive sleep apnea (OSA) but some patients experience problems when they start using it. Our CPAP Clinic offers expert help and advice which is vital to successfully using CPAP. We have dedicated CPAP therapists to help with starting and adhering to treatment and offer complimentary CPAP education sessions.

We also have a Complex CPAP Care Clinic to help existing CPAP patients who are having difficulties with their equipment to get more out of their treatment.

### **INSOMNIA CLINIC**

Insomnia is a common and debilitating sleep disorder that can be cured with help from sleep specialists at the Woolcock. We offer a choice of individual consultations with sleep psychologists or group workshops. Our Insomnia Workshop is a specialised program based on international research. It involves two group sessions and two individual consultations which are designed to help you re-learn sleep and become confident about gaining control of your sleep. This method of treating insomnia involves cognitive behavioural therapy. Research shows it to be the most effective long-term treatment for insomnia.

### WORLD LEADING RESEARCH AT THE WOOLCOCK

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

The Woolcock 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.

"Friendly, efficient staff; clean, comfortable facilities."

### Patient Satisfaction Survey 2016

#### **MAKE A BOOKING**

The Woolcock Clinic is open Monday to Friday, 8am - 8pm and sleep study appointments are available seven nights a week. Sleep study bulk billing is available for pensioners and healthcare card holders.

We offer fast turnaround times, with bookings for sleep studies usually available in less than 10 business days. Results are available within 2 weeks, and quicker if urgent.

Our friendly, expert staff are dedicated to improving your quality of life. You can 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.

"Staff make you feel at home. I was very impressed with the service, amenities, and personal care of staff."

Patient Satisfaction Survey 2015



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 donations, please visit our website www.woolcock.org.au.

Your contribution will make a difference. Thank you for your support.