



Sleep Well ...Live Well

SLEEP CENTRES

OF AUSTRALIA

Upcoming Obstructive Sleep Apnoea Education Session: Free!
Tuesday 24 September at 11am. Bookings Essential. Ph: 9332 8890

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Do You Suffer From Allergies?

The days have been getting warmer. The sun has been brighter. And while the balmy weather is a welcome relief to many, with it can come allergies with bouts of sneezing, runny nose and itchy eyes.

Many CPAP users report that they experience allergies which can cause some disruption to CPAP use. But there are things that you can do to ease the discomfort and continue getting quality sleep.

Many people are unaware that there are special hypoallergenic filters for their CPAP machine. These filter the air more finely to help block out particles that you may be reacting to such as pollens.

Patient feedback with such filters has been positive. It has definitely made a difference to an itchy nose at night! Of course we are able to assist you with such filters if you need them.

The humidifier may also assist in relieving congestion. Remember to change the humidifier setting as the

weather becomes warmer. In the Summer months most people do not need the humidifier setting to be as warm as in Winter.

Remember to keep your water chamber and mask clean. If you haven't given them a good clean out for a while then now may be time for a Spring clean!

If your mask, tube or water chamber shows any signs of mould be sure to take action as mould spores may set off allergies also. Replace old tubes with new ones, you can replace any mask cushions and wash your water chamber out with a mix of water and vinegar.

For more specific cleaning instructions consult your CPAP therapist or attend a workshop such as the free education session that we are hosting on Tuesday 24 September.

Some CPAP users report that using a nasal saline spray or sinus douche offers welcome relief. Also remembering to take any nasal sprays or anti-histamines as recommended by a Medical professional can also be helpful.

Success Stories:

Ms. K from Marrickville came to us after avoiding treatment for 5 years. After a month of sleeping like a baby and feeling refreshed, happy and energized during the day she told us:

"After putting off treatment for 5 years, I now look forward to going to bed at night!"

Mr. S from Parramatta was also happy with his CPAP treatment. We called to see how his therapy was proceeding and we were pleased when he reported **"It's changed my life really."** He also told us how he never used to get any work done after 3pm at his job because his energy levels and concentration just wouldn't allow it. **"I'm so productive at work now!"** he reported.

Mask After Mask...

Sleep Centres of Australia carries the 3 leading brands of CPAP machine & masks. This allows us to achieve the best mask fit and to really customize treatment for our patients.

And our patients have really been spoiled for choice! Look at some of the new masks released this year. Please contact us if you would like to trial any.



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St. Luke's Hospital, Hemsley House 20 Roslyn Street Potts Point NSW 2011



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Meet the Team



Eamon Brown is our Clinical Sleep Scientist. Eamon is a practicing Medical Scientist specialized in Medical Physiology and Sleep Disorders. Eamon is a Member of the Australian Institute of Medical Scientists and graduated with a Bachelor of Medical Science from the University of Technology, Sydney.



Eve Nguyen is our Clinical Sleep Consultant. Eve has a Bachelor of Health Science and is an experienced clinical therapist. She has a genuine interest in sleep medicine and is passionate about education for patients using CPAP and other treatment methods to manage their OSA.

Free Education Session: Obstructive Sleep Apnoea & Mask and Machine Maintenance

Join us on **Tuesday 24 September at 11am** for an enjoyable and informative insight into Obstructive Sleep Apnoea (OSA) and mask and machine maintenance. Attendance is free and is open to people with OSA, their friends, family and carers and any home care staff, nursing home staff or healthcare staff who may wish to learn more about this.

Remember to register by phoning (02) 9332 8890 or emailing us – info@sleepcentres.com.au.

An attendee from our previous education session provided the following feedback:

“Thank you for the session. We found it most informative and very helpful. The practical part about how the machine works and how to care for the parts was very helpful.”

Sleep Disorders In Children

Did you know that more than one third of school aged children may have sleep problems? Loud snoring, pauses in breathing and difficulty breathing during sleep may suggest that your child has a sleep disorder. Sleep disorders in children range from snoring to more serious conditions, such as Obstructive Sleep Apnoea (OSA). OSA can have implications on a child’s learning, behaviour, concentration, development and social interactions with other children.



Channel 7 recently featured a story on this. You can view it on our Sleep Centres of Australia website: www.sleepcentres.com.au/sleep-disorders-in-children.html

The Australian also recently featured a story about a new diagnostic method for children that has been developed here in Australia. You can read more about it here: www.theaustralian.com.au/innovation/challenge/sonomat-offers-earlier-diagnosis-of-disorders/story-fn9dkrp5-1226688338595

If a child is found to have OSA, there

are various treatment options according to the individual child. For some, an ENT surgeon may recommend that their tonsils and/or adenoids be removed. For others, an Orthodontist may recommend dental work such as maxillary expansion or braces, while other children are recommended to try using a CPAP machine.

If you would like further guidance about how to have your child assessed and what the treatment options are for your child, please call us on 9332 8890.

Continuing Professional Development

We recently hosted a successful GP education night. This is part of our commitment to continual education for Medical Professionals and our staff members.

The speakers included Dr Anup Desai (Respiratory & Sleep Physician), Dr James Otton (Consultant Cardiologist) and Dr Shah (Dentist & Certified Medical Doctor).

Attendees learned more about OSA, the Austroads Fitness to Drive Guidelines, the improvement in cardiac parameters with treatment of OSA and dental devices for the treatment of OSA. On the right are some photos from the night.



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