



Information for Patients

## FREQUENTLY ASKED QUESTIONS

Part 1



[www.snoreaustalia.com.au](http://www.snoreaustalia.com.au)

Administration Centre: 161 Nerang Street Southport QLD 4215

Free Call: 1800 076 673 Phone: 07 5557 0055

Fax: (07) 5571 0682

Email: [snore@snoreaustalia.com.au](mailto:snore@snoreaustalia.com.au)

### **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.

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.