

# Introducing ADHBSleep



The Sleep Service is a department within Respiratory Services at ADHB. Our primary focus is to diagnose and treat patients with disordered breathing during sleep. This information sheet is intended to guide you through your journey with our service. Please read it carefully and keep it safe for future reference.

ADHBSleep receives over 1600 sleep referrals every year, with each patient following the same care pathway. These are the steps you can expect during your care with us:

## ADHBSleep Care Pathway

### Referral

*Usually from your family doctor, but may be from another doctor*

### First Clinic Appointment with Sleep Doctor

*Assessment of sleep complaint, held at Green Lane Sleep Clinic*

### Investigation(s)

*May include, but not limited to, sleep studies, blood tests, sleep diary, activity records  
Please note sleep studies are not relevant for all patients*

### Follow Up Clinic Appointment with Sleep Doctor at Green Lane Sleep Clinic

*Intended to discuss findings and relevant treatments, held at Green Lane Sleep Clinic*

### Treatment(s)

*May include, but not limited to, continuous positive airway pressure (CPAP), behavioural therapies, weight loss, and in some instances surgical options*

### Ongoing treatment & support

*Patients on CPAP may remain under the care of Green Lane Sleep Clinic team long term*

We endeavour to assess, investigate, and treat your sleep disorder as soon as possible. With such a large number of referrals received each year there can be periods of waiting, and we thank you for your patience. It is also important to note there are some sleep disorders our service does not provide specialist care for, such as insomnia. If you have been referred for a condition outside our scope we will let your doctor know as soon as possible.

***Turn over for some helpful tips to guide you once you have been referred to our service.***



# Frequently Asked Questions

## “What can I do to help myself right now?”

- We advocate healthy sleep habits (called “**sleep hygiene**”) for everyone, whether there are sleep health concerns or not. **Ask for our Healthy Sleep Hygiene Tips.**
- If your sleep patterns are abnormal you may find it useful to keep a **sleep diary**. This is particularly useful for shift workers or in other circumstances where sleep times vary. Information to collect may include sleep time, wake time, and brief records of when you eat, sleep, take medication, exercise, and consume alcoholic or caffeinated foods and drinks.
- Holding any NZ driver’s license is contingent on being medically safe to drive. **Being excessively sleepy means you may not be safe to drive**, and drivers are responsible for ensuring they only drive when safe to do so. **Ask for our Drowsy Driver Tips.**
- Being excessively sleepy can have an impact on your ability to do your job. If sleepiness is having a marked impact on your capacity to work please let your family doctor or referring doctor know.
- **We generally sleep better when we’re in good health.** Leading a healthy, balanced lifestyle can improve our sleep, and making sure we eat well and exercise regularly can have a positive effect on how well we sleep. If you are carrying extra weight (overweight or obese) we strongly recommend you consider weight loss. If you are unsure where to start ask your family doctor about the **Green Prescription** initiative, or find out more at:

<http://www.health.govt.nz/your-health/healthy-living/food-and-physical-activity/green-prescriptions>

## “Are there private sleep services in Auckland?”

Yes. We welcome the opportunity to see all potential cases in our catchment area, but if you would prefer to be seen in private we encourage you to discuss relevant options with the doctor who referred you to us (usually your family doctor).

## “My health, circumstances, or contact details have changed – who do I tell?”

If your health has changed please contact your family or referring doctor.

If you have been referred to our service and your contact details change, or you no longer wish to be seen please do let us know by calling us on **307 8908**.

**ADHBSleep**

*Caring for adults with sleep disordered breathing*