



Sleep Specialists



The Australasian Sleep Association, the national professional body of sleep specialists and sleep scientists, maintains a list of sleep services offered by its members. These include services for adults and children.

This list can be found at: <http://www.sleep.org.au/information/sleep-services-directory>

The list specifies the services the individual specialist provides and covers all sleep disorders. Adult and paediatric sleep physicians (medical sleep specialists dealing with a range of sleep disorders), sleep psychologists (who specialise in insomnia and body clock disorders) and dentists (specialising in dental treatments for snoring and sleep apnoea) are listed.

Some of these services are located within hospitals. Many are not. Your GP will usually know of appropriate, good quality sleep services near to where you live. A referral from the GP or other specialist is required before an appointment can be made to see a sleep specialist. It is sensible to discuss your problems with your GP in the first instance.

This information is produced by:

Sleep Health Foundation

ABN 91 138 737 854

www.sleephealthfoundation.org.au

A national organisation devoted to education, advocacy and supporting research into sleep and its disorders

Sleep Disorders Australia

ABN 98 075 427 459

www.sleepoz.org.au

A voluntary group offering assistance and support to people and their families living with sleep disorders

Australasian Sleep Association

ABN 32 172 170 561

www.sleep.org.au

The peak national association of clinicians and scientists devoted to investigation of sleep and its disorders

Disclaimer - Information provided here is general in nature and should not be seen as a substitute for professional medical advice.

Ongoing concerns about sleep or other medical conditions should be discussed with your local doctor.

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