



## Royal Brompton Centre for Sleep



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At Royal Brompton Centre for Sleep we have been assessing and caring for patients with Sleep Disorders for over 20 years and are now one of the largest Sleep Centres in Europe. Over the years we have diversified and streamlined the service offering rapid assessment, diagnosis and tailored therapy for a full range of respiratory and intrinsic sleep disorders.

## Our Sleep Centre

The new Royal Brompton Centre for Sleep has been innovatively designed with 'night' and 'day' sections, each associated with a particular mood, tone and purpose.

Sleep studies are carried out in the night section in comfortable but high specification Sleep Laboratory rooms, and in the day section you will find our outpatient services and consultation rooms.

The building has been converted from the old Chelsea Fire Station and Trafalgar Chambers. We have kept to the spirit of this design and have incorporated art references to the building's original function which you may spot.



“Sleep is vital to our health and quality of life, yet up to 1-in-4 of individuals in the UK have a sleep disorder.”



## What happens at the screening?

You will attend an initial appointment with one of our consultants specialising in sleep disorders in order to confirm diagnosis and review all options for treatment. This is to ensure that you do not undergo treatment that is not suited to your sleep problem. Should you require a sleep study your follow up appointment can be arranged following your initial consultation.

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## What sleep disorders can we treat?

- Troublesome snoring
- Sleep Apnoea (interrupted breathing during sleep)
- Narcolepsy (where a person suddenly falls asleep at inappropriate times)
- Rest less leg syndrome (jumpy, painful legs)
- REM sleep behaviour disorder (nightmares and acting out of dreams)
- Idiopathic hypersomnia (chronic excessive daytime sleepiness)
- Parasomnias (sleep walking, talking, nightmares, sexsomnia)
- Circadian disorders (disruption of the body clock – Jet Lag, shift work, advanced and delayed sleep phase syndrome)
- Difficulties with sleep initiation and maintenance

Our Paediatric Sleep and Ventilation Unit treats children with sleep disorders. For more information please contact us.

For current patients who want to order replacement sleep equipment, please call **020 3131 5142** or contact the Royal Brompton Centre for Sleep reception directly.



## Our consultants and specialists

We have a specialist team of academic sleep clinicians, physiologist, sleep technicians, polysomnographers and nurses who care for individuals with sleep problems.

**Professor Anita Simonds** has particular expertise in the diagnosis and treatment of sleep disorders, including obstructive sleep apnoea. She diagnoses patients using the sleep laboratory and home sleep studies and has wide experience in the use of continuous positive airway pressure (CPAP) therapy in adults and children with obstructive sleep apnoea, plus application of a range of other treatments for sleep disorders.

**Professor Michael Polkey** is consultant physician to the sleep and ventilation service in the department of respiratory medicine at Royal Brompton Hospital and is a reader at the National Heart and Lung Institute. He specialises in respiratory medicine with an interest in advanced respiratory disease and lung failure. His clinical interests include sleep disordered breathing, sleep apnoea and snoring.

**Dr Matthew Hind** is a consultant physician with particular interest and expertise in the area of sleep and ventilation disorders, lung failure, and advanced COPD (chronic obstructive pulmonary disease). He is also the lead for stem and regenerative therapies for the advanced lung diseases unit, a partnership between Royal Brompton and Imperial College, funded by the National Institute for Health Research (NIHR).





## Being referred and assessment costs

The Royal Brompton Private Patient Office accepts referrals from general practitioners and we also accept direct patient referrals where the patients are self funding or supported by their employer or embassy. Our consultants and services are also recognised by most UK insurance companies but we recommend you check your eligibility before admission.

Initial assessment with one of our sleep consultants to determine care, diagnosis and treatment costs from £250. Additional treatment and equipment costs vary. For more information, contact our team.

**As with all our private patient services, we ask you to pay for your care in advance.**

### For further information

If you have any questions or queries about the services that we offer please call us on **020 7351 8830**, email us at **[privatepatients@rbht.nhs.uk](mailto:privatepatients@rbht.nhs.uk)** or visit our website at **[www.rbhh-specialistcare.co.uk](http://www.rbhh-specialistcare.co.uk)**

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