



Royal Brompton & Harefield Specialist Care

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All original artwork in the Centre for Sleep by Steven Appleby. Map © Steven Appleby 2013.
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Royal Brompton Centre for Sleep



Royal Brompton and Harefield Hospitals ■ London

The Royal Brompton Centre for Sleep

Royal Brompton and Harefield Specialist Care provides private care at The Royal Brompton Centre for Sleep.

As one of the largest sleep centres in Europe, we have over 20 years experience in assessing and treating sleep problems. Over the years we have diversified and streamlined the service. We offer a rapid assessment, diagnosis and tailored therapy for a full range of respiratory and intrinsic sleep disorders.

The importance of a sleep

Sleep is vital to our health and quality of life, yet up to one in four people in the UK has a sleep disorder.

Poor sleep not only adversely affects work and family life due to lack of concentration and low mood, but can also damage our health. A number of clinical studies have highlighted close links between the amount and quality of sleep we get with conditions such as high blood pressure, stroke, diabetes and heart failure.



Map of Visible Dreams – ceramic printed glass screen, by Steven Appleby

What conditions can we treat?

Our Specialist team of academic sleep clinicians, physiologists, sleep technicians, polysomnographers and nurses care for individuals with problems related to:

- Troublesome snoring
- Sleep Apnoea (interrupted breathing during sleep)
- Narcolepsy (where a person suddenly falls asleep at inappropriate times)
- Restless 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)
- Circadian disorders (disruption of the body clock – Jet Lag, shift work etc)
- 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.



A Map of Falling Asleep –Wall Painting, Emulsion Paint

About the Sleep Centre

The Royal Brompton Centre for Sleep occupies the old Brompton Fire Station which architects firm Floyd Skaski converted to meet the needs of our sleep patients. The centre comprises a night and day section, both of which are full of specially commissioned artwork by artist and cartoonist Steven Appleby.

The night section contains four sleep lab rooms, each with state-of-the-art sleep monitoring equipment, Wi-Fi and en suite bathrooms. The day area is for ambulatory patients, consultations and follow-up visits.

Interestingly, the building's architects were able to retain some of the original aspects of the old fire station – including the structural steels, now painted red to match the beautifully restored fire doors. In fact, the centre's innovative design gained worldwide recognition when it was highly commended by the International Academy for Design & Health for "Use of Art in the Patient Environment".

What happens at your assessment

If you have trouble sleeping, disrupted sleep or suffer from excessive daytime sleepiness, we ask that you book an initial consultation with one of our world-leading sleep consultants.

Depending on the nature of the problem, it may be recommended that you have one of the following tests to help monitor changes to breathing patterns and oxygen levels during sleep, and/or to measure the extent of daytime sleepiness.

- Respiratory sleep study
- Detailed polysomnography study
- Assessment of sleepiness (multiple sleep latency test, Osler wake test)
- Sleep-wake activity levels (actigraphy)
- Home study

Treatment

After diagnosis, our specialists will suggest treatment that best suits the individual needs of the patient. This may include lifestyle changes, medication, or treatment with equipment such as continuous positive airway pressure (CPAP) therapy or mandibular advancement splint.

We work closely with colleagues (ear, nose and throat surgeons) to assess upper airway problems and how these can be resolved in patients who snore.

Obstructive sleep apnoea service

As a national centre of excellence for respiratory conditions, the Royal Brompton Centre for Sleep specialises in the management and treatment of sleep apnoea.

This potentially fatal disorder is characterised by shallow breathing, heavy snoring and pauses in breathing during sleep. Left untreated, sleep apnoea can lead to obesity, diabetes and even heart attack and stroke.

We have extensive experience in caring for patients with sleep apnoea and care for over 7,000 patients who use continuous positive airway pressure (CPAP) therapy at home. We use the latest equipment and can monitor progress remotely using smart cards in the devices, which is more convenient and reduces hospital visits.



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, as well as 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 about the services that we offer,

please call:

+44 (0)2031 315 384

email:

privatepatients@rbht.nhs.uk

or visit:

www.rbhh-specialistcare.co.uk

