SLEEP SCIENCE

Optimise your sleep.

SLEEP CHECK INFORMATION SHEET

What is a Sleep Check? A detailed, holistic sleep assessment and needs analysis.

Who is a Sleep Check for? Anyone who is concerned about their sleep and needs help to sleep better.

Why would I need a Sleep Check? Everyone's sleep is unique. Understanding an individual's specific sleep habits and challenges is key to finding the best possible solutions and strategies to help her/him sleep better.

What is involved?

Initial questionnaire: Prior to your first session, we ask you to complete a questionnaire relating to your sleep and medical history. This gives us important background information to your sleep challenge.

Consultation: This 60-minute one-on-one consultation is for you to share with us exactly what it is about your sleep that concerns you, and for us to learn more about your sleep. This can take place at our office in Newlands, or online.

Sleep monitoring week: You will keep a sleep diary and wear a small watch which will record your sleep patterns and habits at home for 7 consecutive days.

Follow-up session: In this 30-minute one-on-one session we will report on our observations and discuss strategies for you to improve your sleep. This will also take place either at our office or online.

How do I book an appointment? Email info@sleepscience.co.za or call 021 650 4561

How much does this cost? R2100 (incl VAT) for both sessions and the sleep monitoring week.

Is it covered by Medical Aid? No.

What do I need to bring to the first session? It is not necessary to bring anything with you. If, however, you have previous sleep tests (e.g., sleep apnoea testing or sleep study report) or other relevant medical tests (e.g., blood work) that you wish to share, you may send these to the Sleep consultant.

Who are the Sleep Science consultants?

A/Prof Dale Rae | Director of Sleep Science | Senior Sleep Scientist (UCT)

Philippa Forshaw | Sleep Consultant | PhD Candidate (UCT)

Arron Correia | Sleep Consultant | PhD Candidate (UCT)

Where is Sleep Science?

3rd floor, SSISA Building, Boundary Rd, Newlands, Cape Town.
We are also happy to see you remotely using Zoom (or a similar platform).