Comprehensive Sleep Assessment

More Than a Sleep Study – A Roadmap to Better Sleep

We combine medical-grade monitoring, psychological screening, and lifestyle insights to give you insights and, personalised recommendations.

Sleep is vital to performance and physical, mental, and emotional wellbeing. However, upwards of 30% of Australian adults report poor sleep health. Whether you suspect you are experiencing poor sleep health or a sleep disorder, or are looking to optimise your sleep and performance, we're here to help.

Traditional overnight sleep assessments can be uncomfortable, time-consuming, and only assess a single night of sleep — offering limited insight into your natural sleep patterns overtime. Our sleep assessment assesses your sleep in a more natural and holistic way. Plus, we assess for a range of common sleep difficulties, streamlining the assessment proccess.

What's Included in our Sleep Health Assessment?

✅ **Medical-grade Home Sleep Monitoring**
Utilising new technology with the Somfit device, we measure brain waves, (EEG) breathing, blood oxygen, heart rate, noise, head position, and movement while you sleep—comfortably, at home for 5-7 nights.

✅ **Sleep Disorder Screening with Validated Questionnaires**
We assess for insomnia, obstructive sleep apnea, circadian rhythm disorders, shift work disorder, and more.

✅ **Sleep, mood, & Lifestyle Logs**
A 7-day sleep and lifestyle log helps us explore your patterns and understand what's influencing your sleep.

✅ **Sleep physician review**
A sleep physician will review your overnight sleep data and provide feedback regarding Obstructive Sleep Apnea

✅ **Report, Recommendations & Personalised Feedback**
Receive a sleep health report and a feedback session with one of our experienced clinicians.

You can come into the clinic to collect Somfit, or we can complete the assessment completely remotely, by express posting Somfit to you (including a reply-paid envelope for device return).

We assess the following in our assessment package

- Insomnia
- Obstructive Sleep Apnea screening
- Healthy sleep habits & lifestyle factors
- Circadian rhythm preference/disorders
- Optional: Shift Work Disorder
- Optional: Parasomnias (e.g., nightmares, sleepwalking, bruxism

Sleep health report & recommendations

We provide you with a sleep health report that includes recommendations for next steps where appropriate. If you wish you can make an appointment to discuss your results with a Sleep Matters clinician.

Why Choose Sleep Matters?

Sleep Matters is Australia's largest behavioural sleep medicine clinic. We've helped thousands of people reclaim healthy sleep using science-backed therapies recommended by global guidelines. Led by Dr Melissa Ree, Clinical Associate Professor at UWA, our clinic is recognised for its proven clinical results and commitment to personalised care.

- Reach out to get started: admin@jrpsych.com.au 08 6107 6828