

Sleep Clinic at Meadowbank General Practice

The Meadowbank General Practice Sleep Clinic provides a specific service for the assessment and management of sleep issues and disorders. This service aims to complement the existing health care you receive from your usual GP. If you have difficulty sleeping, have disrupted sleep, feel poorly refreshed by sleep, snore or have daytime sleepiness the Sleep Clinic may be of benefit to you.

Certain conditions such as depression and anxiety are often closely associated to sleep. Optimising sleep in these conditions may help improve how you are feeling and how you respond to treatment.

Both adults and children are welcome for consultation at the Sleep Clinic.

In most instances, the emphasis of the Sleep Clinic is on non-drug management of insomnia. Where medication is indicated, or a change in medication suggested, this will be communicated directly to your GP. In most cases, your GP will still be your medication prescriber.

In some circumstances, you may be referred to specialist care (for example, if further investigation or specialised treatment is required).

Your sleep doctor - Dr Karen Falloon MBChB, PhD, DipPaed, PGDipMedSci, FRNZCGP

Dr Falloon completed her medical training at the University of Auckland Medical School in 2001 and has been a fellow of the Royal New Zealand College of General Practitioners since 2009. Dr Falloon has previously worked at Meadowbank General Practice as an associate and locum GP. In 2014 she completed her PhD looking a behavioural treatment for insomnia. She now works as a GP specialising in insomnia and at the University of Auckland teaching medical students, postgraduate students, and conducting sleep-related research. Her research interests include behavioural treatments for insomnia, sleep in medical students and sleep health. Dr Falloon has had several insomnia papers published in well-respected medical journals and is a member of the Australasian Sleep Association.

How does it work?

Your GP may suggest you have a Sleep Clinic consultation, or you may decide to 'self-refer' to the Sleep Clinic. Children and those not enrolled at Meadowbank General Practice must have a referral from their GP prior to a consultation at the Sleep Clinic.

You will need to book with reception for an initial consultation (60-90 minutes or 2x 30-45min consults). These can be face-to-face, or via telehealth (Doxy.me or phone consult). Please refer to the Practice website for current pandemic procedures. You will receive a questionnaire to fill out prior to your appointment – please email this through to reception at least the day prior your appointment (otherwise appointment time may need to be used to complete this).

Follow up appointments may be necessary. Certain conditions such as chronic insomnia disorder, insomnia comorbid with depression or chronic pain, or other complex cases may require a number of follow up sessions. Typically, a treatment programme involves the initial assessment consult and one to three follow up sessions (depending on the issues involved).

The Sleep Clinic is specific for the assessment and management of issues related to sleep. You may be referred to your usual GP if you have any medical or psychiatric issues that need addressing.

How much does it cost?

Initial consultation \$240 (this can be split into two shorter sessions if required)

Standard (30-minute) follow up \$120 15-minute follow up \$60

* For insurance purposes, the Sleep Clinic consultation is usually considered a GP consultation.

**If you are not enrolled at Meadowbank General Practice you will need a referral from your GP to make an appointment. After your consultation your GP will receive a brief letter outlining your visit and plan.