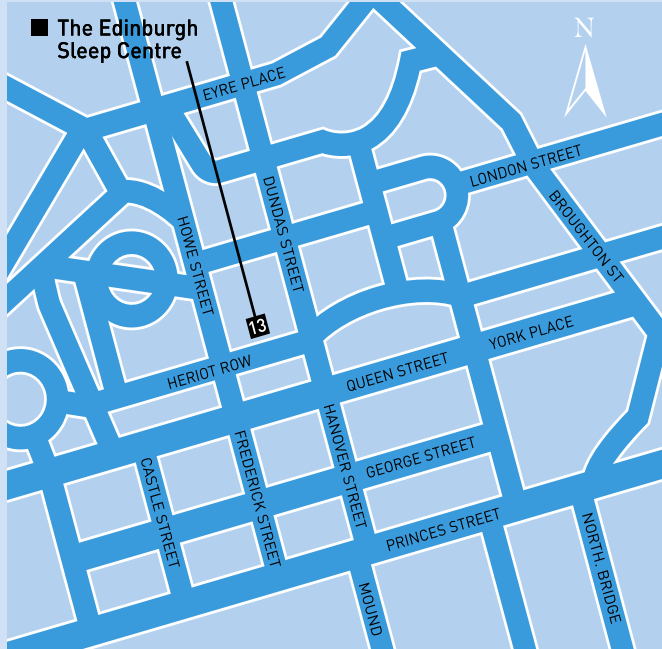


## Getting referred

The Edinburgh Sleep Centre accepts referrals from general practitioners and medical specialists. In addition, we consider referrals directly from self-funding patients. We are recognised by all of the UK private health care companies, and by the major international health insurance companies.

If you require any further, no-obligation information, please do not hesitate to contact us.



### How to get to us

The Edinburgh Sleep Centre is situated on the east section of Heriot Row. It is well served by public transport and road links.

### Parking

Metered parking is available directly opposite the Centre. This is free between the hours of 6.30pm and 8.30am.

### Public Transport

The Centre is within walking distance of Edinburgh Waverley train station and St. Andrews Street bus station. The centre is served by Lothian Buses numbers 13, 23, and 27, which stop at the Dundas Street end of Heriot Row, and numbers 24, 29 and 42, which stop at the Howe Street end.

### The Edinburgh Sleep Centre

13 Heriot Row

Edinburgh EH3 6HP

TEL 0131 524 9730 FAX 0131 524 9737

EMAIL [info@edinburghsleepcentre.com](mailto:info@edinburghsleepcentre.com)

[www.edinburghsleepcentre.com](http://www.edinburghsleepcentre.com)

the  
edinburghsleepcentre

Patient Information

The Edinburgh Sleep Centre provides access to a full range of services for patients with sleep disorders.

We have a comprehensive range of diagnostic and treatment services including actigraphy, home oximetry, domiciliary sleep studies and inpatient overnight polysomnography.

**We provide diagnostic services to fellow clinicians and specialists who require the technical expertise for accurate diagnosis of a wide range of conditions.**

**Our CPAP services include the provision of CPAP appliances, patient education, domiciliary support and regular follow-up to monitor compliance.**

### Our Philosophy

We believe that the accurate assessment and diagnosis of sleep disorders combined with a multimodal approach to the treatment of sleep disorders is the only way to ensure a sustained and long-lasting improvement in sleep and its related symptoms.

Our service is based on the view that every individual is unique and requires a treatment plan that incorporates the individual within their wider context as part of a family, community and society.

This is why we combine science, medicine, psychology, social and holistic methods in our approach to every individual presenting with a sleep problem - we call this **The Sigma Approach**.

In mathematics, the sigma symbol -  $\Sigma$  - represents the sum of several parts, which seems appropriate for an approach that's all about integration.

### Our Services

Our expertise lies in the diagnosis and treatment of the following sleep and sleep-related disorders:

- Insomnia
- Narcolepsy
- Obstructive Sleep Apnoea / Hypopnoea Syndrome (OSAHS)
- Restless Legs Syndrome
- REM Sleep Behaviour Disorder
- Sleepwalking and night terrors
- Circadian Rhythm Disorders
- Sleep and activity disorders of childhood including ADHD
- Chronic Fatigue Syndrome
- Medical and psychiatric sleep disorders
- Anxiety Disorders
- Panic Disorder
- Depression
- Dementia and memory disorders
- Stress and occupational-related sleep disorders
- Menstrual-associated sleep disorder
- Sleep disorders in pregnancy and the postpartum period

For more information on any of these disorders, please visit our website:

[www.edinburghsleepcentre.com](http://www.edinburghsleepcentre.com)