



RESEARCH MATTERS

The research we do affects everyone—just like breathing and sleeping.

What makes us unique is our dedicated team of over 200 research and clinical professionals working towards better understanding, diagnosis, treatment and elimination of sleep and breathing disorders.

At the Woolcock, we improve respiratory and sleep health.



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SLEEPING

Sleep disorders diminish quality of life, affect your ability to think clearly and place sufferers at greater risk of injury. Without medical treatment, sleep disorders can cause serious long-term health problems such as stroke, heart disease and workplace accidents.

Of the around 90 recognised sleep disorders, the most common in Australia are insomnia, sleep apnea, restless legs syndrome and the group of disorders which include sleepwalking. The cause of a sleep disorder can range from physical changes in the nose and throat, to the way our brains control breathing. Some sleep disorders are related to stress and mental health. Others, such as sleepwalking and restless legs syndrome, have a genetic basis.

Research at the Woolcock uses cutting-edge techniques to measure brain function during both wake and sleep in order to understand the individual health risks. We are using our findings to develop novel treatments that will benefit many people.

BREATHING

Asthma is one of the most common respiratory diseases, affecting over 300 million people globally. That number will rise to 400 million by 2025.

Our research investigates the causes and impact of asthma and chronic obstructive pulmonary disease (COPD). We also study cystic fibrosis, lung cancer, nasal allergy, sinus infection, tuberculosis and the devastating lung disease, LAM.

Some of our scientists are working on the effects on children's lungs of irritants such as air pollution. Others are designing new systems for better health care management for asthma and COPD sufferers. We are also designing innovative treatments to deliver medication more efficiently and reduce side effects.

Sleep disorders cost Australia over \$36 billion a year in healthcare while asthma's annual cost is over \$655 million. On a personal level, the toll can be debilitating fatigue and chronic health problems to job loss and depression. Severe breathing conditions can claim lives.

OUR SERVICES

Through its research, the Woolcock has developed world-leading expertise in sleep and breathing.

The knowledge and skills gained through our research are made accessible to health professionals and to the public through clinic services and educational programs.

The Woolcock offers training and conferences at our state of the art facilities which are available for hire to external groups.

THE WOOLCOCK CLINIC

Our specialist services include state of the art diagnostic tests for sleep and lung disorders. After comprehensive testing, our team of specialists guide patients through the extensive range of available treatments. These may include medication, behavioural therapy and medical or dental devices.

EDUCATION

Another key mission is our commitment to continuing education. Education for the general public, doctors and other health care professionals is conducted through medical workshops, conferences, public health seminars and school science programs.

CONFERENCE FACILITIES

The Woolcock offers a conveniently located function venue that is available for hire to businesses, community groups and organisations. It suits a variety of needs, from small meetings and training workshops to large functions of 150 people. The lecture theatres and meeting rooms have been customised with builtin audio-visual facilities, flexible room layouts and natural light.

BECOME INVOLVED

Research does not happen in isolation. By becoming involved with us, you are part of a group of people who dedicate their lives to achieving improved health for those in Australia and across the world.

PARTICIPANTS FOR RESEARCH STUDIES

We run many research projects which are only possible because of the invaluable help of our volunteers. These projects include better treatments for insomnia, increasing workplace productivity, helping first-time mothers with sleep in pregnancy and after childbirth, and developing more effective treatments for asthma and other lung conditions. If you are interested to volunteer in any of our trials, please visit our website for details. We would love to hear from you.

STUDENTS

Each year researchers at the Woolcock supervise many higher degree research students. We encourage PhD, Masters and Honours students to take the opportunity of working alongside world leaders in breathing and sleep research.

MAKE A DONATION

The Woolcock Institute provides an environment where medical researchers and health professionals can develop and provide better treatments for the millions of Australians who suffer from sleep and breathing disorders. Our research is supported through research grants and charitable donations.

Research matters. Be part of it.

The Woolcock Institute of Medical Research is a not-for-profit organisation. All donations of \$2 or more are tax deductible.

If you are interested in further information about becoming involved in our research studies or donations, please visit our website www.woolcock.org.au.

Your contribution will make a difference. Thank you for your support.

