Take this to your Doctor to talk about arranging a booking.

REFERRAL REQUEST

PATIENT DETAILS

Name: _____

Date of Birth: _____

Phone No. _____

Email: _____

REFERRAL REQUEST

- ☐ Home Sleep Test
- ☐ CPAP Consult
- ☐ Insomnia Therapy
- ☐ Nutritionist / Naturopathy

CLINICAL INFORMATION

Please provide any clinical history:

DOCTOR DETAILS

Referring Doctor:_____

Provider Number: _____

Practice Name: _____

Phone No. _____

Doctor Signature: _____Date: _____

Please email to:
clinic@respecthealthclinic.com.au

OUR SERVICES

SLEEP CLINIC

Our Sleep & CPAP clinic offer a unique range of services from bulk billed Sleep Tests to CPAP hire, purchase & ongoing support.

From CPAP to alternative therapy our staff with over 20 years experience, can help you find the best solution for your nights rest.

NUTRITION

Our nutrition services focus on promoting better health and wellbeing through personalised dietary guidance. We help you make informed food choices that support your nutritional needs, energy levels, and long-term health goals.

NATUROPATHY

Our naturopathy services take a holistic approach to wellness, supporting your body's natural health through personalised lifestyle guidance and natural therapies. We aim to help you achieve better balance, vitality, and overall wellbeing.

RESPECT HEALTH *Wellness Clinic*

SLEEP ✦ NUTRITION ✦ CPAP



CONTACT US

(02) 9053 2268

clinic@respecthealthclinic.com.au

15 Euston Street
Rydalmere, NSW 2116

www.RespectHealthClinic.com.au

Our team offers a range of health services to partner you on your journey to Wellness

- Sleep Testing & CPAP Clinic
- Nutritionist
- Naturopath
- Psychology

ABOUT YOUR WELLNESS CENTRE

At Respect Health Clinic, we understand the importance of maintaining optimal sleep, nutrition, health and wellness.

We believe that good health comes from within and that a healthy mind and body are essential for leading a happy and fulfilling life.

Our services include:

- Home Sleep Testing
- CPAP Services & Alternatives
- Sleep Consults
- Nutrition
- Naturopathy

Our goal is to make it easy and convenient for you to achieve your health and wellness goals.



Sleep - Nutrition - Naturopathy - Psychology

ARE YOU HAVING TROUBLE Sleeping?

YOU ARE NOT ALONE

There are things we can do to help improve your sleep and wellbeing.

THERE ARE SOLUTIONS

Many people have problems falling or staying asleep. Sleep problems can be caused by your routine, habits, nutrition, stress, sleep disorders or other factors. We can help identify these through our sleep clinic.

Your body can show signs and symptoms of poor sleep such as:

- Snoring
- Waking unrefreshed
- Daytime Tiredness
- High Blood Pressure
- Heart Conditions / Diabetes
- Anxiety / Insomnia / Depression
- Teeth Grinding (Bruxism)
- Memory / Concentration issues
- Frequent toilet trips at night

and many more...

Let us help you find the cause of your sleep problems and work together to achieve better sleep

Call us today! (02) 9053 2268

HOW TO ESTABLISH A HEALTHY ROUTINE

Nutrition & Naturopathy

- Good nutrition is important to keep your body at optimum levels. As a nutritionist we can show you how to use food as medicine, ensure adequate nutrient intake and assist the underlying causes of poor nutrient absorption.
- We often hear people say, “but I eat really well” we can show you how to identify strategies to improve your health & wellness and address the underlying factors preventing you from achieving your best health potential.

What’s next!

- Call (02) 9053 2268 to book your appointment
  In-clinic & telehealth appointments available
- Have your initial appointment with your specialised professional
- Start your personalised treatment plan
- Monitor improvement of your health issues with follow up appointments

for more advice visit
www.RespectHealthClinic.com.au