

Our Sleep Physicians

Dr John Swieca has been the medical director of the Melbourne Sleep Disorders Centre since returning from a Sleep Disorders Fellowship at the Cedars-Sinai Medical Centre in Los Angeles in 1994. In his clinical practice, he cares for patients with a range of sleep disorders. Dr Swieca's clinical interests are broad, although he specialises in the management of complex multi-factorial sleep disorders. He is a principal investigator in a range of clinical research trials. Dr Swieca is open to a range of treatment strategies for sleep apnoea, insomnia, restless legs syndrome, parasomnias and narcolepsy.



Dr Juan Mulder is a Consultant Respiratory and Sleep Medicine Physician. Juan undertook additional training in Intensive Care, to enable him to manage complex modes of invasive and non-invasive ventilation, as well as treating critically ill patients. He has a particular interest in sleep disorders, especially complex disorders such as insomnia, parasomnia, narcolepsy, restless legs syndrome and sleep apnoea. He is also a firm believer in a multimodal approach to managing sleep disorders, given their frequently complex nature.



Contact Us

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Sleepy,
Sleepless
or Snoring?
Consult a
Sleep
Specialist

Restful sleep is something we take for granted – until the quality of our sleep starts to affect us and those around us. Snoring, interrupted breathing, restless legs, insomnia, unusual sleep related experiences and excessive sleepiness are all issues that a sleep disorders physician can assess and treat.



Sleep disorders

Sleepy

Unexplained excessive daytime sleepiness can be diagnosed and treated – and is common in patients currently treated for sleep apnoea


Sleepless

Insomnia is a common complaint, where diagnosis and treatment may involve both mind and body

Snoring

Snoring – and the various degrees of accompanying sleep apnoea – has a range of modern treatment options

CONTACT

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CPAP Therapy

Whether you're new to CPAP (mask) treatment for sleep apnoea, or you've used CPAP for years, training in machine familiarisation, mask fitting and troubleshooting techniques can come in handy.



Consult a Sleep Physician

The Geelong Sleep Disorders Centre offers world-class sleep disorders medicine assessment and treatment, with the convenience of a local clinic. Our sleep physicians perform a comprehensive review of sleep complaints, general health, psychological and social factors, along with a focussed physical examination. If appropriate, sleep studies, in hospital or in the home, can be organised, prior to finalising a treatment plan.

Behavioural Sleep Medicine

With the help of a Sleep Psychologist, Cognitive-Behavioural Therapy (CBT) and Mindfulness-Based Stress Reduction (MBSR) can be used, in conjunction with a thorough assessment, to improve sleep quality and regain a sense of control over sleep patterns.