



MARKET RELEASE

29 January 2009

Avastra Sleep Centres Limited

TRADING HALT

The securities of Avastra Sleep Centres Limited (the "Company") will be placed in pre-open at the request of the Company, pending the release of an announcement by the Company. Unless ASX decides otherwise, the securities will remain in pre-open until the earlier of the commencement of normal trading on Monday, 2 February 2009 or when the announcement is released to the market.

Security Code: AVS

A handwritten signature in black ink, appearing to read 'Finucan', is positioned above the printed name.

Frances Finucan
Acting Manager, Issuers (Brisbane)



29 January 2009

Request for trading halt

In accordance with ASX listing rule 17.1, we request an immediate trading halt be granted by the ASX with respect to Avastra Sleep Centres Ltd (ASX code: AVS), pending the announcement of a capital management initiative.

We request that this trading halt remain in operation for the duration of the trading day, or until an announcement is made to lift the trading halt.

We are not aware of any reason why the trading halt should not be granted.

Charles King
Company Secretary

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