

Appendix 3Y

Change of Director's Interest Notice

Information or documents not available now must be given to ASX as soon as available. Information and documents given to ASX become ASX's property and may be made public.

Introduced 30/9/2001.

| | |
|-----------------------|--------------------------------------|
| Name of entity | Avastra Sleep Centres Limited |
| ABN | 47 094 446 803 |

We (the entity) give ASX the following information under listing rule 3.19A.2 and as agent for the director for the purposes of section 205G of the Corporations Act.

| | |
|----------------------------|------------------|
| Name of Director | Simon J Mitchell |
| Date of last notice | 6 June 2007 |

Part 1 - Change of director's relevant interests in securities

In the case of a trust, this includes interests in the trust made available by the responsible entity of the trust

Note: In the case of a company, interests which come within paragraph (i) of the definition of "notifiable interest of a director" should be disclosed in this part.

| | |
|---|--|
| Direct or indirect interest | indirect |
| Nature of indirect interest (including registered holder) <small>Note: Provide details of the circumstances giving rise to the relevant interest.</small> | The registered holder is Kingsford Capital Pty Ltd, a company of which Mr Mitchell is a director |
| Date of change | 3 March 2008 |
| No. of securities held prior to change | 1,084,134 |
| Class | Ordinary shares |
| Number acquired | 23,560 |
| Number disposed | nil |
| Value/Consideration <small>Note: If consideration is non-cash, provide details and estimated valuation</small> | \$3,534 |
| No. of securities held after change | 1,107,694 |

+ See chapter 19 for defined terms.

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| <p>Nature of change Example: on-market trade, off-market trade, exercise of options, issue of securities under dividend reinvestment plan, participation in buy-back</p> | <p>On market trade</p> |
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Part 2 – Change of director's interests in contracts

Note: In the case of a company, interests which come within paragraph (ii) of the definition of "notifiable interest of a director" should be disclosed in this part.

| | |
|---|--|
| Detail of contract | Options over un issued ordinary shares |
| Nature of interest | Indirect |
| Name of registered holder (if issued securities) | Kingsford Capital Pty Ltd |
| Date of change | - |
| No. and class of securities to which interest related prior to change <small>Note: Details are only required for a contract in relation to which the interest has changed</small> | 200,000 |
| Interest acquired | - |
| Interest disposed | - |
| Value/Consideration <small>Note: If consideration is non-cash, provide details and an estimated valuation</small> | - |
| Interest after change | 200,000 |

Note: In the case of a company, interests which come within paragraph (ii) of the definition of "notifiable interest of a director" should be disclosed in this part.

| | |
|---|---|
| Detail of contract | Options over un issued ordinary shares |
| Nature of interest | Direct |
| Name of registered holder (if issued securities) | Simon J Mitchell |
| Date of change | 30 November 2007 – approved at Annual General Meeting |

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| No. and class of securities to which interest related prior to change <small>Note: Details are only required for a contract in relation to which the interest has changed</small> | 300,000 |
| Interest acquired | - |
| Interest disposed | - |
| Value/Consideration <small>Note: If consideration is non-cash, provide details and an estimated valuation</small> | nil |
| Interest after change | 300,000 |

+ See chapter 19 for defined terms.