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Sleep Study Referral

Patient Details:

Surname: _____ Gender: _____
First Name: _____ D.O.B: _____
Address: _____
Email: _____
Phone: _____

Referring Doctors Details:

Doctor Name: _____
Provider Number: _____
Email: _____
CC Dr: _____
Signature: _____ Date: _____

Doctor's Stamp

Clinical Information:

Private Insurance DVA Commercial Driver / Heavy Vehicle License

Diagnostic study:

Bulk Billed Level 2 Home Study
OSA: ____ / 10 ESS: ____ / 24
12 months since last study

Privately funded Level 2 Home Study
(not meeting Medicare Requirements)

Or

Sleep and Respiratory Physicians ONLY

In-lab attended study Unsuitable for home study Reason: _____

Treatment study:

CPAP titration CPAP review study Dental splint study NIV ASV MWT MSLT

Symptoms:

Snoring Witnesses apnoeas Nocturia
 Morning headaches Concentration / memory problems Restless legs
 Dry mouth when waking Daytime tiredness/sleepiness Drowsy Driving
 Choking / gasping awakenings

Comorbidities:

COPD Cardiac Arrhythmias / Atrial Fibrillation Hypertension
 CCF Movement disorders Parasomnia
 Neurological disease Possible central sleep apnoea Type 2 diabetes
 Ischaemic Heart Disease Chronic Pain

Please turn over page for questionnaire and Epworth Sleepiness Scale (ESS)



OSA50 Questionnaire

Is the waist circumference >102cm if male or >88cm if female?	3
Has the patient's snoring ever bothered other people?	3
Has anyone reported apnoeas during the patient's sleep?	2
Is the patient over 50 years of age?	2
Total	/10

Epworth Sleepiness Scale (ESS)

Situation	No chance of dozing	Slight chance of dozing	Moderate chance of dozing	High chance of dozing
Sitting and reading	0	1	2	3
Watching TV	0	1	2	3
Sitting, inactive, in a public place (e.g. in a meeting, theatre or dinner event)	0	1	2	3
As a passenger in a car for an hour or more without stopping for a break	0	1	2	3
Lying down to rest when circumstances permit	0	1	2	3
Sitting and talking to someone	0	1	2	3
Sitting quietly after lunch (without alcohol)	0	1	2	3
In a car, while stopped for a few minutes in traffic or at a light	0	1	2	3
Total:				/24

For a Medicare subsidised sleep study, patients referred must report symptomatic sleepiness via an Epworth score ≥ 8 and have moderate to severe likelihood of Obstructive Sleep Apnoea via OSA50 score of ≥ 5 .

