

REPORTING PHYSICIAN				Re	ferral Date	e:/_/		
Dr. Geoffrey Williams	Dr Veenu Mubarak							
Chest and Sleep Physician	Respiratory Physician							
SERVICES REQUESTED								
-	gation for Obstructive Sleep Apn	oea (please	confirm e	liaibilitv cri	teria below)			
CPAP Treatment Trial		· · · · · ·		3	,			
CPAP Treatment Review								
PATIENT DETAILS								
Name:	D	ate of Birth	n:/	_/ Ge	nder:			
Address:								
Phone:	M	Medicare No:				ODVA OCTT		
SLEEP STUDY ELIGIBILITY CRIT	<b>ERIA</b> (two or more required) please t	ick as approp	oriate					
O Witnessed Apnoea or Choking	_	ular Loud Snoring						
O Regular Fatigue or Sleepiness	CV Risk – 0	CV Risk - Obesity (BMI > 30), Hypertension, Cardiac Disease, Diabetes						
Epworth Sleepiness Scale:								
ESS QUESTIONNAIRE								
For a Medicare subsideised slee	p study a patient must score 8 o	r more on t	he follo	wing.		Total score:		
How likely are you to doze off in	the following situations?	O	<u> </u>	<u> </u>	<u> </u>	Use the following scale		
Sitting and reading		O	$\bigcirc$ 1	O 2		to choose the most appropriate answer:		
Watching television			$\bigcirc$ 1	<u> </u>		0 - No chance		
Sitting inactive, in a public space			$\bigcirc$ 1	<u> </u>	<b>3</b>	1 - Slight chance		
Lying down to rest in the afternoon when circumstances permit			<u> </u>	<u> </u>	<b>3</b>	2 - Moderate chance		
Sitting and talking to someone		O 0	<u> </u>	<u> </u>	<u></u>	3 – High chance		
Sitting quietly after a lunch with		O 0	<u> </u>	<u> </u>	<u></u>			
As a passenger in a car for an ho	ur without a break	O 0	<u> </u>	<u> </u>	<u></u>			
In a car, while stopped for a few	minutes in traffic	O	<u> </u>	<u> </u>	<b>3</b>			
OSA 50 SCREENING QUESTION	NAIRE							
For a Medicare subsidised Sleep	Study, a patient MUST score 5 o	r more on	the follo	wing		Total score:		
Obesity - Waist circumference o	ver 102cm (Male) or over 88cm (Fe	emale) If ar	nswered Ye	es - Add 3 p	points	/3		
Snoring - Has your snoring ever bothered other people? If answered Yes - Add 3 points						/3		
Apnoeas - Has anyone noticed that you stop breathing during your sleep? If answered Yes - Add 2 points						/2		
50 - Are you aged 50 years or over? If answered Yes - Add 2 points/2								
REFERRING GENERAL PRACTIT	IONER							
Doctor:	P	rovider No:						
Address: Phone:								
Signature:								
Signature:								



## TAKING A SLEEP TEST IS NOW EASIER THAN EVER

With no waiting lists, taking a sleep test is now easier than ever. Sleep testing is setup in our clinic by a trained Sleep Consultant. Testing occurs in your own home by wearing the equipment overnight and then returning to the clinic. Your readings are reported by a specialist sleep physician in Sydney and the results can take up to two weeks. For your sleep test simply obtain a sleep referral from any GP, and book your appointment with us.

arry 01 , c	
HOME S	LEEP TESTING STEPS
STEP 1:	You will be fitted with a sleep testing device at our clinic. You will have approximately eight wires on the face and chest area connected to a portable device that sits on the chest. The device will not restrict your mobility. You will be able to drive but many patients prefer to be driven by a friend or relative due to having visible wires around your face.
STEP 2:	Please bring along your Medicare card, personal identification and any other health benefit cards.
STEP 3:	Wear loose fitting comfortable clothing and shower before your appointment. Please note due to the fitted electrodes and wires you will not be able to shower until the following morning. We also request the removal of any nail polish as you will be wearing a finger oximeter.
STEP 4:	Now you sleep! On returning home we ask you to rest and sleep as you normally would. The Sleep study is a record of your typical night's sleep.
STEP 5:	When you wake up the next morning, you can simply remove the sleep study equipment and fill out our Post Sleep study questionnaire.
STEP 6:	The Sleep study equipment is required to be returned to Sleep Apnoea NQ the morning after your home test.
STEP 7:	A copy of your results are reviewed by a specialist sleep physician in Sydney with results returned in approximately two weeks. You will need a follow up appointment with your GP to discuss your results.
NOTES:	