

Please send Referral to: [admin@sleepclinics.net.au](mailto:admin@sleepclinics.net.au)

national  
**SleepDiagnostics**

*Sleep well, breathe easy.*

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### Sleep Clinics Albury Wodonga

**Albury** - Inside Priceline Pharmacy, 541-543 Dean Street

**Wodonga** - 14 Nilmar Avenue

**Corowa** - Inside HC Health Hub, 237 Honour Avenue

**Phone:** 02 6024 2727

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# Sleep Test Referral

Ambulatory Home Sleep Test

## Patient Information

Surname		D.O.B.		<input type="checkbox"/> Male	<input type="checkbox"/> Female
Given Names					
Address				Postcode	
				Phone	
Medicare No				Private health insurance <input type="checkbox"/> Yes <input type="checkbox"/> No	

## Indications, Symptoms and Health Comorbidities

In order to meet Medicare requirements, patients should have a high probability of moderate to severe OSA using approved assessment tools. Please tick or write the scores below from the eligible questionnaires (refer over page for details):

Epworth Sleepiness Score  $\geq 8$

AND

OSA50  $\geq 5$

OR

STOP-BANG  $\geq 3$

OR

BERLIN (tick if positive)

See over for the ESS, OSA50 and STOP-BANG questionnaires or visit [www.sleepdiagnostics.com.au/sleepapnoea](http://www.sleepdiagnostics.com.au/sleepapnoea)

Additional details: \_\_\_\_\_

Telehealth Consultation  Yes  No

## Referring Doctor

Date		Provider No.	
Name			
Address			
		Postcode	
Phone		Fax	
Email		Signature	

Report Preference: Mail  Fax  Email  HealthLink

## Epworth Sleepiness Questionnaire

How likely are you to doze off or fall asleep in the following situations, in contrast to sitting and reading just feeling tired? This refers to your recent / current way of life. Even if you have not done some of these things recently, try to determine how they would affect you.

<b>Circle the response that best describes you:</b>	Never	Slight	Moderate	High
Sitting and reading	0	1	2	3
Watching television	0	1	2	3
Sitting inactive in a public place (e.g. theatre or meeting)	0	1	2	3
As a passenger in a car for an hour without a break	0	1	2	3
Lying down to rest in the afternoon 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 as a driver stopped for a few minutes in traffic	0	1	2	3
		<b>Total =</b>	_____ /24	

## OSA50

<b>Obesity:</b> Waist circumference (male > 102cm, female > 88cm)	+3	
<b>Snoring:</b> Has your snoring ever bothered other people?	+3	
<b>Apnoeas:</b> Has anyone noticed that you stop breathing during your sleep?	+2	
<b>50:</b> Are you aged 50 years or over?	+2	
<b>TOTAL (5 points or more indicates moderate to high risk)</b>		_____ /10

## STOP-BANG

Do you <b>snore</b> loudly? Louder than talking or loud enough to be heard through closed doors?	+1	
Do you often feel <b>tired</b> , fatigued, or sleepy during the daytime?	+1	
Has anyone <b>observed</b> you stop breathing or choking/gasping during sleep?	+1	
Do you have (or are you being treated for) high blood <b>pressure</b> ?	+1	
<b>BMI</b> > 35 kg/m <sup>2</sup>	+1	
<b>Age</b> > 50 years	+1	
<b>Neck circumference</b> > 43 cm (M)    Neck circumference > 41 cm (F)	+1	
<b>Gender:</b> Male?	+1	
<b>TOTAL (3 points or more indicates moderate to high risk)</b>		_____ /8

For the Berlin Questionnaire visit [www.sleepdiagnostics.com.au/berlinquestionnaire](http://www.sleepdiagnostics.com.au/berlinquestionnaire)