



# SLEEP TESTING

## A U S T R A L I A

Ph: 1300 559 583 Email: [info@sleeptestingaustralia.com.au](mailto:info@sleeptestingaustralia.com.au) Fax: 1300 298 161

### HOME SLEEP STUDY REFERRAL

Patient's Name:.....DOB:...../...../.....

Address:.....

Telephone Number:..... Pension:..... DVA:.....

Medicare Number:..... Pos:..... Exp:.....

Email Address:.....

#### TESTS ORDERED

Sleep Study \*Ambulatory overnight Diagnostic Sleep Study  Titration / CPAP Trial

#### CLINICAL DETAILS:

**Use the following scale to choose the most appropriate number for each situation**

**0** = Would never doze **1** = Slight chance of dozing **2** = Moderate chance of dozing **3** = High chance of dozing

#### THE EPWORTH SLEEPINESS SCALE

Sitting and reading	
Watching TV	
Sitting inactive in a public place	
As a passenger in a car for an hour without a break	
Lying down to rest in the afternoon when circumstances permit	
Sitting and talking to someone	
Sitting quietly after a lunch without alcohol	
In a car, while stopped for a few minutes in the traffic	
<b>TOTAL:</b>	/ 24

#### STOP BANG SCALE

*Please circle*

SNORING: Do you snore loudly (louder than talking or can be heard from another room)	YES	NO
TIREDSNESS / FATIGUE: Do you often feel tired, fatigued or sleep during the day?	YES	NO
OBSERVED APNOEA: Has anyone ever observed you stop breathing during your sleep?	YES	NO
PRESSURE: Do you have or are you being treated for high blood pressure?	YES	NO
BODY MASS INDEX: Do you weigh more for your height (BMI>35)?	YES	NO
AGE: Are you older than 50?	YES	NO
NECK SIZE: Does your neck measure more than 40cm around	YES	NO
GENDER: Are you male?	YES	NO

Referring Doctor:..... Provider No:.....

Referring Doctor's Signature:..... Date:...../...../.....

I would like the report:  Faxed to me  Emailed to me:.....

Return referral to [info@sleeptestingaustralia.com.au](mailto:info@sleeptestingaustralia.com.au) or fax 1300 298 161



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## A U S T R A L I A

Sleep apnea is serious and if untreated, you may be at a higher risk of a stroke, heart attack or a serious workplace accident. Having a detailed sleep study is the first step toward getting your liveliness back and living the life you deserve. We provide an accurate and comprehensive take home sleep study allowing you to be in the comfort of your own bedroom environment. Your sleep study will be facilitated by nursing staff, scored by a sleep scientist and reported on by a sleep specialist. By dealing with us, you can expect quick results and expert advice on treatment options moving forward.

### What do I need to do?

- 1 Write your details on the back of this form and ask your GP to approve your study.
- 2 Book your sleep study appointment with us on **1300 559 583**.
- 3 Return the equipment to us the next day and we'll swiftly forward the results to your GP

### What do I need to bring to my setup appointment?

- 1 Medicare card.
- 2 Signed/stamped referral from your doctor (Other side of this form).
- 3 Booking fee (*if applicable*)

### What happens next?

The test results will be forwarded to both you and your doctor and we will be in touch to discuss your options

Sleep apnea experts  
**CPAP DIRECT**  
[www.cpap.com.au](http://www.cpap.com.au)

**MASCOT**  
Shop 4 / 635 Gardeners Road, Mascot  
(Opposite Bunnings)  
Phone: 02 8338 9675

**TOOWOOMBA**  
Shop 2 / 161 James Street, Toowoomba QLD 4350  
Phone: 07 4529 0613

**IPSWICH**  
Shop 3, 116 Brisbane Road, Booval QLD 4304  
Phone: 07 5504 6181

