

### Patient Details

Name:  Telephone 1:

Address:  Telephone 2:

Email:

Medicare No/DVA No:  DOB:  Healthfund:

### Referring Doctor Details

Name:  Telephone:  Fax:

Signature:  Date:

Address:

Suburb:  Postcode:

### Service Requested

Diagnostic Sleep Study - to confirm diagnosis of Obstructive Sleep Apnea and specialist consultation where deemed appropriate by the sleep physician

Clinical history:

### Medical Co-Morbidities (Please complete as appropriate)

Height (cm) = <input type="text"/>	Type 2 diabetes	AF	Cardiac failure	Stroke/TIA	COPD	Previous sleep study: Yes No Date: <input type="text"/>
Weight (kg) = <input type="text"/>	Other Co-Morbidities: <input type="text"/>					
BMI (kg/m <sup>2</sup> ) = <input type="text"/>	<input type="text"/>					

### Medicare Guidelines Criteria (STOPBang OR OSA50 AND Epworth Sleepiness Scale Questionnaire)

#### STOP-Bang<sup>1</sup>: A score of $\geq 4$

<b>S</b> – Does the patient SNORE loudly?
<b>T</b> – Does the patient often feel TIRED, fatigued or sleep during daytime?
<b>O</b> – Has anyone OBSERVED the patient stop breathing during sleep?
<b>P</b> – Does the patient have or is the patient being treated for high blood PRESSURE?
<b>B</b> – Does the patient have a BMI more than 35?
<b>A</b> – AGE over 50 years old
<b>N</b> – NECK circumference (shirt size) more than 40cm / 16 inches
<b>G</b> – Is the patient a MALE?
Each question is 1 score
<b>TOTAL score</b> <input type="text"/>

#### OSA50<sup>2</sup>: A score of $\geq 5$

<b>O</b> Obesity (3)	Waist circumference: Male >102cm or Female >88cm
<b>S</b> Snoring (3)	Has your patient's snoring ever bothered other people?
<b>A</b> Apnea (2)	Has anyone noticed that your patient stopped breathing during sleep?
<b>50</b> (3)	Is your patient aged 50 years or over?
( ) = score	<b>TOTAL score</b> <input type="text"/>

or

and

#### Epworth Sleepiness Scale<sup>3</sup> Questionnaire: A score of $\geq 8$

Scenario	Tick one score for each scenario			
	0	1	2	3
Sitting and reading				
Watching television				
Sitting inactive in a public place (eg. theatre or meeting)				
As a passenger in a car for an hour without a break				
Lying down in the afternoon when circumstances permit				
Sitting and talking to someone				
Sitting quietly after lunch without alcohol				
In a car, while stopped for a few minutes in traffic				
<b>TOTAL SCORE (add up total responses)</b>				<input type="text"/>

For the 8 situations in the table below, how likely is the patient to doze off or fall asleep, in contrast to feeling just tired? Even if the patient has not done some of these things recently, ask them how the situations *would have* affected them.

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. Then total the scores.

<sup>1</sup> Chung F et al Anaesthesiology 2008 & Br J Anaesth 2012; <sup>2</sup> Chai-Coetzer CL ed al Thorax 2011; <sup>3</sup> Johns M Sleep 1991

## Australia's Largest Facilitators of Diagnostic Sleep Studies

### About Us

Air Liquide Healthcare is Australia's largest facilitator of sleep diagnostic, treatment and patient management services for patients with sleep apnea. Our sleep technicians facilitate the sleep testing process on behalf of an independent sleep physician.

For more information on sleep apnea and sleep studies, please visit us online at: [healthysleep.net.au](http://healthysleep.net.au) or [airliquidehealthcare.com.au](http://airliquidehealthcare.com.au)

NSW			
Suburb	Address	State	P/C
Albury	525 David Street	NSW	2640
Barham	Suite 3, Barham Plaza, 5-9 Melloo Street	NSW	2732
Bathurst	105 Keppel Street	NSW	2795
Baulkham Hills	Suite 11/Lvl 3, The Hills Hospital, 499 Windsor Road	NSW	2153
Bega	61 Parker Street	NSW	2550
Beresfield	4 Kullara Avenue	NSW	2322
Bogangar	32 Grasstree Circuit	NSW	2488
Bondi Junction	2/108 Bronte Road	NSW	2022
Broken Hill	Shop 4/5, Corner Gossan Street & South Road	NSW	2880
Camden	Shop 3/1-15 Murray Street Camden	NSW	2570
Campbelltown	4/11 Patrick Street, Campbelltown	NSW	2560
Canterbury	10/2A Charles Street	NSW	2193
Carlingford	10 Freestone Avenue	NSW	2118
Charlestown	Shop 1028 Charlestown Square, 30 Pearson Street	NSW	2290
Coffs Harbour	Unit 2/84-90 Industrial Drive	NSW	2450
Deniliquin	2 Macauley Street	NSW	2710
Dubbo	215A Brisbane Street	NSW	2830
Echuca	179/177-183 Annesley Street	NSW	3564
Erina	Shop 343/344, Erina Fair Shopping	NSW	2250
Erskine Park	Erskine Shopping Village	NSW	2759
Finley	75 Tongs Street	NSW	2713
Forbes		NSW	2871
Glenmore	Park Town Terrace	NSW	2745
Gledswood Hills	Gregory Hills Drive	NSW	2557
Goulburn	Goulburn Square, Auburn Street	NSW	2580
Griffith	134 Kookora Street	NSW	2680
Henty	8 Ivor Street	NSW	2658
Hornsby	Suite 13/100 Balmoral Street	NSW	2077
Inverell	138 Old Bundarra Road	NSW	2360
Katoomba	3 Woodlands Road	NSW	2780
Lakemba	96 Haldon Street	NSW	2190
Leeton	81 Kurradjong Avenue	NSW	2705
Leura	1 Grose Street	NSW	2780
Liverpool	Macquarie Street	NSW	2170
Miranda	34 Gibbs Street	NSW	2228
Mittagong	Shop 7/2-4 Bowral Road	NSW	2575
Moama	2 Perricoota Road	NSW	2731
Moonee Beach	Shop 10, Moonee Beach Shopping Center	NSW	2450
Moruya	49 Queen Street	NSW	2537
Mudgee	91 Church Street	NSW	2850
Moorebank	Moorebank Shopping Village	NSW	2170
Narooma	185 Princes Hwy	NSW	2546
North Boambee Valley	Unit 2/84-90 Industrial Drive	NSW	2450
Northern Rivers		NSW	
Nowra	1/43 Berry Street	NSW	2541
Orange	Shop 1, 155-159 Dalton Street	NSW	2800
Parkes	91 Clarinda Street	NSW	2870
Parramatta	Phillip Street	NSW	2150
Penrith	Lemongrove Suites, Suite 3/23 The Crescent	NSW	2750
Port Macquarie	Bellbowrie Park Business Centre, 5/10 Bellbowrie Street	NSW	2444
Redfern	1/147-151 Redfern Street	NSW	2016
Richmond	86 Lennox Street	NSW	2753
Shoal Bay	59 Shoal Bay Road	NSW	2315
South Grafton	Shop 4/94 Bent Street	NSW	2460
St Clair	St Clair Shopping Centre	NSW	2759
St Ives	29 Athena Avenue	NSW	2075
Sydney	1/175 Liverpool Street	NSW	2000
Temora	225 Hoskins Street	NSW	2666
Tumbarumba	69 Murray Street	NSW	2720
Tumut	91-93 Wynard Street	NSW	2720
Lulladulla	Phillips Centre Shop 6, Princes Hwy	NSW	2539
Wagga Wagga	405A Lake Albert Road	NSW	2650
Werrington County	Dunheved Road	NSW	2747
Westmead	Shop 13/163-171 Hawkesbury Road (Enter via Queens Road)	NSW	2145
West Wyalong	113 Main Street	NSW	2671
Windsor	177 George Street Windsor	NSW	2756
Wollongong	Shop 1/344 Crown Street	NSW	2500
Yass	65 Lead Street	NSW	2582
Zetland	2-4 Defries Avenue	NSW	2017

  

QLD			
Suburb	Address	State	P/C
Aitkenvale (Townsville)	Shop 1, Centrepoint Shopping Centre, 272 Ross River Road	QLD	4814
Beerwah		QLD	4519
Birkdale	Suite 22/Lvl 2/120 Birkdale Road	QLD	4159
Bowen Hills	25 Campbell Street	QLD	4006
Bundaberg	208 Walker Street	QLD	4670
Cooroy		QLD	4563
Eumundi		QLD	4562
Grafton		QLD	2460
Gympie		QLD	4570
Hervey Bay		QLD	4655
Imbil		QLD	4570
Ipswich	106 Limestone Street	QLD	4305
Kingaroy	159 Kingaroy Street	QLD	4610
Mackay	Suite H/142 Nebo Road	QLD	4740
Maleny		QLD	4552
Maroochydore		QLD	4558
Meadowbrook	80 Armstrong Road	QLD	4131
Mooloolaba		QLD	4557
Morayfield	Unit 12/70-86 Michael Ave	QLD	4506
Nambour		QLD	4560
Noosaville		QLD	4566
Parramatta Park (Cairns)	147 Martyn Street	QLD	4870
Pelican Waters	Pelican Waters Shopping Centre, 8/44 Pelican Waters Boulevard	QLD	4551
Pomona		QLD	4568
Rockhampton	Shop 2/100 Denham Street	QLD	4700
Southport	Shop 4A/253 Ferry Road	QLD	4215
Sunnybank	Suite 10/309 Mains Road	QLD	4109
Toowoomba	Suite 1, Medici Medical Centre, 15 Scott Street	QLD	4350
Warwick	106 Palmerin Street	QLD	4370
West Burleigh	Unit 1/72 Township Drive	QLD	4220
Wondai	Wondai Family Medical Practice, 18 Mackenzie Street	QLD	4606
Yandina		QLD	4561

  

SA			
Suburb	Address	State	P/C
Broken Hill	Shop 4/5, Corner Gossan Street & South Road	NSW	2880
Gawler South	16 Adelaide Road	SA	5118
Kent Town	95 Fullarton Road	SA	5067
Morphett Vale	255 Main South Road	SA	5162
Mount Gambier	51 Commercial Street East	SA	5290
Port Lincoln	43 Liverpool Street	SA	5606
Renmark	10 Renmark Avenue	SA	5341
Ridgehaven	St Agnes Specialist Centre, 1251 North East Road	SA	5097
Salisbury	Suite 6/107, Salisbury Highway	SA	5108
Torrensiville	152-154 Henley Beach Road	SA	5031
Unley	2-3/402 Unley Road	SA	5061
Walleroo	45 Owen Terrace	SA	5556

  

VIC			
Suburb	Address	State	P/C
Albury	Gardens Medical Centre, Level 4/470 Wodonga Place	NSW	2640
Burwood	425 Burwood Highway	VIC	3152
Deer Park	TerryWhite Chemmart, Cnr Neale & Station Roads	VIC	3023
Eltham	Thompsons Pharmacy, 962-964 Main Road	VIC	3095
Hawthorn	Melbourne University Hawthorn, Room 2311, 422 Auburn Road	VIC	3122
Moama	Moama Village Pharmacy, Shop 9-10, 2 Perricoota Road	VIC	2731
Rosebud	TerryWhite Chemmart, 3 Boneo Road	VIC	3939
Sale	Raymond St Pharmacy, Shop 3/398-424 Raymond Street	VIC	3850
Wantirna	South Priceline Pharmacy Westfield Knox Shopping Centre		
Yarraville	425 Burwood Hwy Carnovale Sleep Clinic 193 Williamstown Road	VIC	3152 3013

  

WA			
Suburb	Address	State	P/C
Baldvis	Room 3/Suite 4/52 Goulburn Road	WA	6171
Busselton	53 Bussell Highway	WA	6280
Geraldton	Geraldton Community Health Centre Shenton Street	WA	6530
Greenfields	Southern Specialist Centre, Unit 5/5 Murdoch Drive	WA	6210
Joondalup	3/200 Winton Road	WA	6027
Kalgoorlie	Wizard Pharmacy Kalgoorlie Central, 205 Hannan Street	WA	6430
Maddington	Unit 3, 201-205 Burslem Drive	WA	6109
Nedlands	2/47 Stirling Highway	WA	6009
Palmyra	2 Anthony Street	WA	6157

  

NT			
Suburb	Address	State	P/C
Mobile Service	Call 1800 270 772		

### Preparing for your sleep test

### Booking an appointment (Use contact details below)

#### On the day of your test

- Please wear a loose shirt – preferably buttoned at the front
- Ensure you are not wearing nail polish or acrylic finger nails
- A credit card may be required to cover a fully refundable security deposit for the test device

For enquiries and bookings please contact: **Ph: 1800 270 772**  
**F: 1800 270 779**    **E: [sleepstudy@airliquide.com](mailto:sleepstudy@airliquide.com)**

Stamp

- Step 1** Make sure that referral has been fully completed
- Step 2** Send referral by fax or email to the following address:  
[sleepstudy@airliquide.com](mailto:sleepstudy@airliquide.com)
- Step 3** ALH will contact you within 5 working days to book your sleep study