

# Sleep Study Referral

## Patient Details

Name:  Telephone 1:   
 Address:  Telephone 2:   
 City:  State:  Postcode:  Email:   
 Medicare No/DVA No:  DOB:  Healthfund:

## Referring Doctor Details \*(all referrals must be signed and dated for medical purposes)

Stamp:  Name:   
 Provider No:   
 Telephone:  Fax:   
 Address:   
 Signature\*:  Date:  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 <input type="checkbox"/> No <input type="checkbox"/> 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 $\geq 3$

<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> (2)	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 et 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: [www.sleepsolutionsaustralia.com](http://www.sleepsolutionsaustralia.com)

NSW			
Suburb	Street	State	P/C
Albury	Albury Gardens Medical Centre, Level 4/470 Wodonga Place	NSW	2640
Barham	Suite 3, Barham Plaza, 5-9 Mellool Street	NSW	2732
Bathurst	105 Keppel Street	NSW	2795
Baulkham Hills	Room 4, Suite 8/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
Burwood	46 Burwood Road	NSW	2134
Camden	Shop 3/1-15 Murray Street Camden	NSW	2570
Campbelltown		NSW	2560
Canterbury	10/2A Charles Street	NSW	2193
Carlingford	10 Freestone Avenue	NSW	2118
Charlestown	Shop 10/28 Charlestown Square, 30 Pearson Street	NSW	2290
Chipping Norton		NSW	2170
Dee Why	850 Pittwater Road	NSW	2099
Deniliquin	2 Macauley Street	NSW	2710
Dubbo	215A Brisbane Street	NSW	2830
Eagle Vale		NSW	2558
Echuca	179/177-183 Annesley Street	NSW	3564
Erina	Shop 343/344, Erina Fair Shopping	NSW	2250
Erskine Park	Erskine Shopping Village	NSW	2759
Finlay	75 Tongs Street	NSW	2713
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 Kurrajong Avenue	NSW	2705
Leura	1 Grose Street	NSW	2780
Liverpool		NSW	2170
Miranda	94 Kiora Road	NSW	2228
Moss Vale	Shop 3/256 Argyle Street	NSW	2577
Moama	2 Perricoota Road	NSW	2731
Moonee Beach	Shop 10, Moonee Beach Shopping Center	NSW	2450
Mudgee	91 Church Street	NSW	2850
Moorebank	Moorebank Shopping Village	NSW	2170
North Boambee Valley	Unit 2/84-90 Industrial Drive	NSW	2450
Nowra	1/43 Berry Street	NSW	2541
Orange	Shop 1, 159 Dalton Street	NSW	2800
Parkes	91 Clarinda Street	NSW	2870
Parramatta		NSW	2150
Penrith	250 High Street	NSW	2750
Port Macquarie	Bellbowrie Park Business Centre, 5/10 Bellbowrie Street	NSW	2444
Redfern	1/147-151 Redfern Street	NSW	2016
Richmond		NSW	2753
Shoal Bay	59 Shoal Bay Road	NSW	2315
South Grafton	Shop 4/94 Bent Street	NSW	2460
St Andrews		NSW	2566
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
Wagga	Wagga	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

NT			
Suburb	Street	State	P/C
Mobile Service	Call 1800 270 772	NT	0820

QLD			
Suburb	Street	State	P/C
Aitkenvale (Townsville)	Shop 1, Centrepoint Shopping Centre, 272 Ross River Road	QLD	4814
Algeester	Shop D, 65 Ridgewood Road	QLD	4115
Beerwah		QLD	4519
Birkdale	Suite 22/Lvl 2/120 Birkdale Road	QLD	4159
Cooroy		QLD	4563
Eumundi		QLD	4562
Gympie		QLD	4570
Hervey Bay		QLD	4655
Imbil		QLD	4570
Ingham		QLD	4850
Ipswich	106 Limestone Street	QLD	4305
Kingaroy	159 Kingaroy Street	QLD	4610
Mackay	171 Victoria Street	QLD	4740
Maleny		QLD	4552
Maroochydore		QLD	4558
Mooloolaba		QLD	4557
Morayfield	Unit 12/70-86 Michael Ave	QLD	4506
Nambour		QLD	4560
Newstead	Shop D, 142 Breakfast Creek Road	QLD	4006
Cairns	Chapman Court, Suite 4, 36 Grafton Street	QLD	4870
Pelican Waters	Pelican Waters Shopping Centre, 8/44 Pelican Waters Boulevard	QLD	4551
Rockhampton	Shop 2/100 Denham Street	QLD	4700
Southport	Shop 4A/253 Ferry Road	QLD	4215
Svensson Heights	208 Walker Street	QLD	4670
Toowoomba	Suite 1, Medici Medical Centre, 15 Scott Street	QLD	4350
Warwick	106 Palmerin Street	QLD	4133
Waterford West	Shop 4/42-48 Bourke Street	QLD	4133
West Burleigh	Unit 1/72 Township Drive	QLD	4220
Wondai	Wondai Family Medical Practice, 18 Mackenzie Street	QLD	4606

SA			
Suburb	Street	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
Renmark	10 Renmark Avenue	SA	5341
Salisbury	Suite 6/107, Salisbury Highway	SA	5108
Unley	2-3/402 Unley Road	SA	5061
Walleroo	45 Owen Terrace	SA	5556
Woodville	Shop 4, 809-813 Port Road	SA	5011

TAS			
Address	Street	State	P/C
Devonport	157 William Street	TAS	7310
Hobart	68 Amy Street, West Moonah	TAS	7009
Launceston	2/49-51 Elizabeth Street	TAS	7250

VIC			
Suburb	Address	State	P/C
Albury	Gardens Medical Centre, Level 4/470 Wodonga Place	NSW	2640
Bendigo	Mobile service call 0436 008 212	VIC	3550
Dandenong	1 Halpin Way	VIC	3175
Deer Park	TerryWhite Chemmart, Cnr Neale & Station Roads	VIC	3023
Eltham	Thompsons Pharmacy, 962-964 Main Road	VIC	3095
Geelong	Mobile service call 0436 008 212	VIC	3220
Richmond	135 Burnley Street	VIC	3121
Ringwood	Ringwood Pharmacy Now, 1/11 Seymour Street	VIC	3134
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 425 Burwood Hwy	VIC	3152
Werribee	Amcal+ Pharmacy, 69-71 Watton Street	VIC	3030
Yarraville	Carnovale Sleep Clinic 193 Williamstown Road	VIC	3013

WA			
Suburb	Street	State	P/C
Baldvis	Room 3/Suite 4/52 Goulburn Road	WA	6171
Busselton	53 Bussell Highway	WA	6280
Greenfields	Southern Specialist Centre, Unit 5/5 Murdoch Drive	WA	6210
Joondalup	3/200 Winton Road	WA	6027
Kalgoorlie	Shop 13, Kalgoorlie City Shopping Centre, 145 Egan Street	WA	6430
Maddington	Unit 3, 201 - 205 Burslem Drive	WA	6109
Nedlands	2/47 Stirling Highway	WA	6009
Palmyra	2 Antony Street	WA	6157

- 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

Stamp

### 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)**