

Fax/email referral to:

Fax 02 66721122

E-mail: sleep@mappandhession.com.au



Information Advice Healthcare
14 King St Murwillumbah
02 66721394
www.mappandhession.com.au

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 ≥ 8

☐

AND

OSA50 ≥ 5

☐

OR

STOP-BANG ≥ 4

☐

OR

BERLIN (tick if positive)

☐

See over for the ESS, OSA50 and STOP-BANG questionnaires

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.

Circle the response that best describes you:	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
		Total =	_____/24	

OSA50

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

STOP-BANG

Do you snore loudly? Louder than talking or loud enough to be heard through closed doors?	+1	
Do you often feel tired , fatigued, or sleepy during the daytime?	+1	
Has anyone observed you stop breathing or choking/gasping during sleep?	+1	
Do you have (or are you being treated for) high blood pressure ?	+1	
BMI > 35 kg/m ²	+1	
Age > 50 years	+1	
Neck circumference > 43 cm (M) Neck circumference > 41 cm (F)	+1	
Gender: Male?	+1	
TOTAL (4 points or more indicates moderate to high risk)		_____/8

For the Berlin Questionnaire visit www.sleepdiagnostics.com.au/berlinquestionnaire