

Patient name _____ D.O.B _____ / _____ / _____
 Email _____ Phone _____ Commercial drivers licence: Yes No

REFERRAL FOR SLEEP AND RESPIRATORY PHYSICIANS (Please mark appropriate circle/s)

- Sleep Physician assessment for the purpose of determining eligibility for a Medicare subsidised ambulatory sleep study.** All Medicare subsidised studies must meet the approved criteria below in accordance with Medicare item 12250. The assessment and appropriateness of home studies are overseen by a supervising sleep physician. Based on these assessments and the study findings, certain complex patients may require a sleep physician consultation.
- Sleep physician consultations** - Medicare and DVA rebates apply. Available at selected sites only. Consultation fee and wait times will vary.

ESS Questionnaire

For a Medicare subsidised sleep study a patient must score 8 or more on the following. Total score : _____

How likely are you to doze off in the following situations?

Sitting and reading	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
Watching television	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
Sitting inactive, in a public space	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
Lying down to rest in the afternoon when circumstances permit	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
Sitting and talking to someone	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
Sitting quietly after a lunch without alcohol	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
As a passenger in a car for an hour without a break	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
In a car, while stopped for a few minutes in traffic	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3

Use the following scale to choose the most appropriate answer:
 0 - No chance
 1 - Slight chance
 2 - Moderate chance
 3 - High chance

STOP BANG Questionnaire

For a Medicare subsidised sleep study a patient must score 4 or more. Each question is worth 1 point. Total 'Yes' answers : _____

- Do you **S**nore loudly (loud enough to be heard through closed doors or your bed-partner elbows you for snoring at night)? Yes No
- Do you often feel **T**ired, fatigued, or sleepy during the day (such as falling asleep during driving or talking to someone)? Yes No
- Has anyone **O**bserved you stop breathing or choking/gasping during your sleep? Yes No
- Do you have or are you being treated for high blood **P**ressure? Yes No
- Is your **B**ody mass index more than 35 kg/m²? Yes No
- Are you **A**ged older than 50? Yes No
- Is your **N**eck size large: For male, is your shirt collar 17 inches / 43cm or larger? For female, is your shirt collar 16 inches / 41cm or larger? (Measured around adams apple) Yes No
- Is your **G**ender male? Yes No

ELIGIBILITY FOR MEDICARE SUBSIDISED STUDY

- Yes** - Patient has qualified. Please fax referral to ResSleep for approval by a supervising sleep physician and home sleep study.
- No** - Patient is NOT eligible. Please fax this referral to ResSleep for further sleep study options. Private fee may apply.

SYMPTOMS (Please mark appropriate circle/s)

- Snoring
- Witnessed apneas / nocturnal gasping / choking
- Daytime lethargy / sleepiness
- Cognitive impairment
- Waking with headache
- Weight gain
- Restless sleep
- Insomnia
- Irritability

RELEVANT MEDICAL CONDITIONS (Please mark appropriate circle/s)

- Hypertension
- Cardiac failure
- Stroke / TIA
- COPD
- Overweight
- Pacemaker
- Type II Diabetes
- Atrial fibrillation
- Family history (OSA)
- Clinical history (optional, attach notes to this referral)
- Other _____

THERAPY REQUIRED (Please mark appropriate circle/s)

- CPAP/APAP treatment trial** for the treatment of sleep apnea
- CPAP therapy review with oximetry** (pressure, compliance, mask review & full equipment check)
- Supply of DVA approved equipment and services** *For eligible DVA patients
- Mandibular advancement oral device** for the treatment of snoring and sleep apnea (Assessed & fitted by qualified dentist. Available at selected Sydney clinics only)

For this referral to be valid, please ensure the following details are completed:

Referring Dr. name _____
 Provider no. _____ Referral date _____ / _____ / _____
 Practice name _____ Phone _____
 Address _____ Fax _____
 Email _____ Medical objects secure messaging
 Referring Dr. signature: _____

If you answer 'Yes' to three or more of these questions you are at high risk of having sleep apnea.



Y Your BMI is greater than 25?
A Aware that you have been snoring or have pauses in your breathing while you sleep?
W Waking unrefreshed most mornings?
N Nodding off easily during the day?

ResSleep[®]

Snoring & Sleep Apnea – tested & treated

ResSleep Clinic Locations

NEW SOUTH WALES

Bella Vista

1 Elizabeth Macarthur Drive
Bella Vista 2153

Bondi Junction

HCF Building
Lvl 11, Suite 1104
1 Newland Street
Bondi Junction 2022

Burwood

Burwood Cardiology
Level 6, 74/76 Burwood Road
Burwood 2134

Dee Why

850 Pittwater Road
Dee Why 2099

Gosford

Suite B, 201 Mann Street
Gosford 2250

Hawkesbury (Richmond)

41 March Street
Richmond 2753

Hornsby

Suite 2, Rear Ground Floor
149 Peats Ferry Road
Hornsby 2077

Macquarie Park

Suite 8, 33 Waterloo Road
Macquarie Park 2113

Miranda

Suite 201, 29 Kiora Road
Miranda 2228

Newcastle

356 Hunter Street
Newcastle 2300

Sydney CBD

Consult Room 16
Level 11, 501 George St
Sydney 2000

QUEENSLAND

Chermside

960 Gympie Road
Chermside 4032

Greenslopes

496 Logan Road
Greenslopes 4120

Maroochydore

Shop 3 Plaza Links
5 Plaza Parade
Maroochydore 4558

North Lakes

9 Gregor St West
North Lakes 4509

Upper Mt Gravatt

1722 Logan Road
Upper Mt Gravatt 4122

SOUTH AUSTRALIA

Brighton

425 Brighton Road
Brighton 5048

North Adelaide

120 Childers Street
North Adelaide 5006

St Agnes

6/1240 North East Road
St Agnes 5097

VICTORIA

Mount Waverley

1/304 Stephenson's Road
Mount Waverley 3149

Ringwood East

9 Ware Crest
Ringwood East 3135

Thornbury

3/679 High Street
Thornbury 3071

WESTERN AUSTRALIA

Joondalup

Lvl 2, Suite 13, Shenton House
57 Shenton Avenue
Joondalup 6027

Perth CBD

Suite 26, Mount Medical Centre
146 Mounts Bay Road
Perth 6000

Mandurah

Suite 6, 34-36 Minilya Parkway
Greenfields WA 6210

Electronic referral (RTF) templates are available for download from the ResSleep website in suitable formats for a range of practice management software programs. ressleep.com.au

Please fax completed referral forms to

1300 360 239

or email to: info@ressleep.com.au