

Sleep Study Referral

Please email the completed form to: sleep@centurionhealthcare.com.au
or fax: **NSW** 02 9798 2355 | **VIC** 03 9017 3632 | **QLD Metro** 07 3378 4749 | **QLD Sunshine Coast** 07 5843 6822

Patient Details

First name: _____ Last name: _____ Date of birth: DD / MM / YYYY
Phone: _____ Language spoken: _____ Gender: Male Female
Medicare number: _____ Medicare ref no: _____ Medicare exp date: MM / YYYY

Doctor Details (Practice Stamp)

Referring doctor's name: _____ Provider no: _____
Address: _____ State: _____ Postcode: _____
Phone: _____ Fax: _____
Reason for referral: _____
Service: Medicare-funded sleep study Physician Consult (NSW only) Patient-funded sleep study CPAP treatment
Physician signature: X _____ Date: DD / MM / YYYY

Sleep Questionnaires. Please complete both to the best of your ability.

1. Epworth Sleepiness Scale (≥ 8 to qualify)

Situation	Chance of dozing/sleeping			
	Never	Slight	Moderate	High
1. Sitting and reading.	0	1	2	3
2. Watching TV.	0	1	2	3
3. Sitting, inactive in a public place (eg. a theatre or a meeting).	0	1	2	3
4. As a passenger in a car for an hour without a break.	0	1	2	3
5. Lying down to rest in the afternoon when circumstances permit.	0	1	2	3
6. Sitting and talking to someone.	0	1	2	3
7. Sitting quietly after a lunch without alcohol.	0	1	2	3
8. In a car, as the driver, while stopped for a few minutes in traffic.	0	1	2	3
Total out of 24:				

STOP BANG Questionnaire (≥ 4 to qualify)

1.	Does the patient S nore?	1 point
2.	Do they feel T ired, fatigued or sleepy during the day?	1 point
3.	Has anyone O bserved them stop breathing during their sleep?	1 point
4.	Do they have or are being treated for high blood P ressure?	1 point
5.	Is their B MI greater than 35?	1 point
6.	Are they A ged 50 years or older?	1 point
7.	Is their N eck circumference greater than 40cm?	1 point
8.	Is their G ender male?	1 point
Total score		

OSA50 Questionnaire (≥ 5 to qualify)

Obesity	Waist circumference Male > 102 cm Female > 88 cm	3 points
Snoring	Has their snoring ever bothered other people?	3 points
Apnoeas	Has anyone noticed them stop breathing during their sleep?	2 points
50	Are they aged 50 year or older?	2 points
Total score		/10

Sleep Study Information

How to prepare for your home sleep study

Before attending, ensure that you:

- Shower
- Dry your hair
- Shave your beard
- Remove makeup, nail polish, nail varnish, acrylic nails
- Have dinner
- Dress in loose-fitting, comfortable clothes, preferably a button-up shirt.

These directions are not only for your comfort, but are also important for the accuracy of the sleep study.

- Please note that you cannot change your clothes after you are set up for your study.
- To ensure that the equipment stays properly attached, you cannot take public transport home. Please arrange private transport.

On the night, be aware that:

- Your appointment at the clinic to fit the unit will take about one hour.
- You will wear the sleep unit home and sleep in your own bed.

What to do the next day:

- When you wake up at your normal time and are not planning to go back to sleep, remove the unit yourself and return it to its bag.
- Organise the return of the unit, in its bag, to the clinic at which you were fitted for your home sleep study. Deliver it yourself or ask someone to do so. Please ensure that the unit is returned between 9am and noon on the day after your study, unless you have made other arrangements at the clinic.

Our clinics

New South Wales

(T) 02 9798 2322 | (F) 02 9798 2355 | reception@centurionhealthcare.com.au

ASHFIELD	32 Elizabeth Street, Ashfield 2131
AUBURN	35 Norval Street, Auburn 2144
BANKSTOWN	Suite LG01, 68 Eldridge Road, Bankstown 2200
BURWOOD	Suite 2A, Level 2, 28 Burwood Road, Burwood 2134
BAULKHAM HILLS	Hills Private Hospital, Suite 9, 499 Windsor Road, Baulkham Hills 2153
CAMDEN	72 John Street, Camden 2570
CAMPBELLTOWN	Specialist Medical Centre, Suite 1, Corners King and Queen Street, Campbelltown 2560
CHATSWOOD	Priceline Pharmacy, LG4 Chatswood Chase Shopping Centre, Victoria Ave, Chatswood 2067
FAIRFIELD	18 Nelson Street, Fairfield 2165
HURSTVILLE	Waratah Private Hospital, Suite 203, Level 2, 31 Dora Street, Hurstville 2220
LIVERPOOL	Suite 14, 17 Moore Street, Liverpool 2170 Sydney Southwest Private Hospital Consulting Suites, 40 Bigge Street, Liverpool 2170
MAROUBRA	1 Walsh Avenue, Maroubra 2035
MIRANDA	Priceline Pharmacy, Shop 1002 Westfield Shopping Centre, The Kingsway, Miranda 2228
MOSMAN	The Mosman Practice, 393 Military Road, Mosman 2088
PENRITH	107 Stafford Street, Penrith 2750
WOOLLOOMOOLOO	East Sydney Private Hospital, Specialist Consulting Suites, Level 5, 75 Crown Street, Woolloomooloo 2010

Victoria

(T) 03 9017 3631 | (F) 03 9017 3632 | reception@centurionhealthcare.com.au

BENTLEIGH	Allegiance Medical Centre, 376 Centre Road, Bentleigh 3204
BERWICK	Independent Specialists Suite 1.3, Level 1, 55 Kangan Drive, Berwick 3806
FRANKSTON	Nepean Specialist Suite, Peninsula Private Hospital, 525 McClelland Drive, Frankston 3199
GLEN WAVERLEY	472 Springvale Road, Glen Waverley 3150
ST ALBANS	St Lukes Medical Centre, 97 Main Road East, St Albans 3021

Queensland - Metro

(T) 07 3878 3635 | (F) 07 3378 4749 | reception@centurionhealthcare.com.au

BRISBANE	Priceline Pharmacy, 120 Queen Street, Brisbane 4000
CHERMSIDE	Priceline Pharmacy, Shop 359, Westfield Sopping Centre, Cnr Gympie and Hamilton Road, Chermiside 4032
COOMERA	Priceline Pharmacy, Shop 1107, Westfield Coomera, 109 Foxwell Road, Coomera 4209
INDOOROOPILLY	Cincotta Pharmacy, MM6, Level 1, 322 Moggill Road, Indooroopilly Shopping Centre, Indooroopilly 4068

Queensland - Sunshine Coast

(T) 07 5482 9671 | (F) 07 5843 6822 | reception@centurionhealthcare.com.au

GYMPIE	Direct Chemist Outlet Gympie, Goldfields Plaza Shopping Centre, Monkland Street, Gympie 4570
--------	----------------------------------------------------------------------------------------------

Our clinicians

Respiratory & Sleep Physicians

Dr Alistair Abbott	Dr Ajantha Raguparan
Dr Anthony Frankel	Dr Sultana Syeda
Dr Chin Goh	Dr Aaron Ting
Dr Kelvin Hsu	Dr Penny Wong

Cardiologist

Dr Chi-Jen Hsu

Ear, Nose & Throat Surgeon

Associate Professor Ronald Chin