

# Home Sleep Study Referral Form



## Patient Details

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Telephone \_\_\_\_\_

## Referring Doctor

Provider # \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

## Service Requested

**Overnight ambulatory investigation for Sleep Apnea**

*Please tick eligibility criteria below. Criteria set by Sleep Specialist to ensure test is necessary*

### Reasons for referral – please tick 2

**Witnessed apneas or choking**

**Regular loud snoring**

**Regular fatigue or sleepiness**

**CV risk factors** (Hypertension, Diabetes, BMI > 30 or other heart disease)

Other history \_\_\_\_\_

\_\_\_\_\_ **ESS** \_\_\_\_\_

**CPAP Treatment**

**Review of CPAP treatment**

## Reviewing Physician

**Dr Roger Allen**

MBBS (Hons 1<sup>st</sup>, QLD) FRACP, FCCP,  
PhD (Melb)

Provider No. 044285KF

Consultant Thoracic & Sleep Physician

## Healthy Sleep Solutions Technician

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Sleep Technician  
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## Sleep Apnea

Many people who snore or feel excessively tired during the day commonly suffer from Sleep Apnea.

Sleep Apnea is a condition where the patient actually stops breathing for short periods whilst asleep. If left untreated, this condition can be quite serious.

Many patients are unaware that they may have this condition. The symptoms of Sleep Apnea include snoring, easily falling asleep whilst in front of the TV or reading a book, with some patients complaining they wake in the morning feeling unrefreshed. Other patients say that they just generally feel tired during the day. Interestingly, it's often a partner who notices that something is wrong before the patient does. Patients with Sleep Apnea may be up to 7 times more likely to have a motor vehicle accident.

Sleep Apnea is of particular concern if you also suffer from cardiovascular diseases like hypertension, diabetes or if you are overweight. Sleep apnea is one cause of high blood pressure. Sleep Apnea can also make control of diabetes more difficult.

Studies show:

- 50% of patients with high blood pressure have Sleep Apnea.
- Almost 60% of patients with diabetes have Sleep Apnea.
- More than 75% of people who are significantly overweight also have Sleep Apnea.

The good news is that Sleep Apnea is treatable.

Your overnight sleep test will help your doctor understand your risk of Sleep Apnea and guide your treatment options.

The overnight sleep test will be conducted in your own home at a time convenient to you. Your sleep technician will provide you with everything you need to know to perform this test.

It is important that you discuss the findings of your test with your doctor.

## Preparing For Your Test

On the day of your test;

- Please wear a loose fitting shirt – preferably buttoned at the front.
- Ensure you are not wearing nail polish or acrylic finger nails.
- You will need a credit card to cover a refundable security deposit for the test device.
- You will be required to return the test device to the location from where you were fitted by 9.30am the following morning.
- A small consultation fee may be charged by the Sleep Technician for services not related to the diagnostic test.