Home Sleep Study Request Referral Form

NORTH SHORE PRIVATE SLEEP LABORATORY

North Shore Private Sleep Laboratory/Sleep and Breathing Specialist Centre

Please fax referral to 02 8937 0952 or e-mail to reception@sleepandbreathing.com.au

For any questions, please call *Sleep and Breathing Specialist Centre* on 02 8937 0948.

A/Prof Andrew Chan *Prof Peter Cistulli* *Dr Michael Hibbert* *Dr David Joffe*

Patient Details

Name _____ DOB _____

Address _____ Postcode _____

Tel. (H) _____ (M) _____

Referrals from Non-Sleep Physicians:

If patients do not meet criteria below, please refer directly to a sleep physician for a consultation

☐ Home sleep study

☐ Home sleep study followed by consultation with sleep physician

Referrals from Sleep Physicians:

☐ Home sleep study

Please note: Medicare rebate for home sleep study is only applicable once in any 12 month period

Referring Doctor:

Name _____

Address _____

Provider No. _____

Signature _____

Date _____

Additional Reports:

Name _____

Address _____

Mandatory Requirements for Referrals from Non-Sleep Physicians

OSA50 score of 5 or more and Epworth Sleepiness Scale (ESS) Score of 8 or more

Note: Patients who do not meet these criteria will need to see a sleep physician prior to having a sleep study

OSA50 Score	Please circle if "yes"
Waist circumference more than 102 cm for males or more than 88 cm for females?	3
Has your snoring ever bothered other people?	3
Has anyone noticed that you stop breathing during your sleep?	2
Are you aged 50 years or over?	2
TOTAL SCORE =	

ESS score : How likely are you to fall asleep or doze in the following circumstances? (Please circle)	**No chance**	**Slight chance**	**Moderate chance**	**High chance**
Sitting and reading	0	1	2	3
Watching TV	0	1	2	3
Sitting inactive in a public place (e.g. meeting, theatre)	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, while stopped for a few minutes in the traffic	0	1	2	3
TOTAL SCORE =				

ELIGIBILITY FOR MEDICARE SUBSIDISED STUDY

☐ **Yes** – Patient has qualified for a sleep study. Please fax or e-mail referral to sleep laboratory.

☐ **No** – Patient is not eligible. Please fax or e-mail referral to a sleep physician for a consultation. Private fees may apply.

☐Insomnia
☐ Restless legs
☐Abnormal sleep behaviour
☐Heart disease
☐Cerebrovascular disease
☐Diabetes
☐Lung disease
☐Suspected respiratory failure
☐Cognitive impairment

Clinical Information: (attach any relevant correspondence)

Booking and Testing Process

Please fax this form to ***Sleep and Breathing Specialist Centre*** on 02 8937 0952 or e-mail to reception@sleepandbreathing.com.au. Patients will then be contacted by phone to arrange an appointment to be set-up with the testing equipment. Patients will attend a 30 minute appointment at the ***Sleep and Breathing Specialist Centre*** to be set-up with the testing equipment.

After the sleep study, the equipment is to be returned to the ***Sleep and Breathing Specialist Centre***. The equipment will need to be returned between 8:30 am and 10 am the next day so that it can be available for another patient the following night.

The sleep study will then be scored and reported over the next 7 to 10 days and the report sent to the referring doctor.

Billing

The cost of the sleep study is $410 and payable at the time of the appointment. Eligible patients will receive a Medicare rebate of approx. $312 after the sleep study has been reported. **Please note: Medicare rebate for home sleep study is only applicable once in any 12 month period.**

Cancellation

If unable to attend a sleep study for any reason, call 02 8937 0948 as soon as possible to cancel and re-book the appointment. It is important to give at least 48 hours' notice or a late cancellation fee will apply.

Preparation on the day of the sleep study

- Hair is to be washed on the day of the sleep study. Hair oils, sprays, gels or conditioners should be removed prior to application of the testing equipment.
- Make-up should not be worn and nail polish should be removed.
- Eat and drink as normal prior to the sleep study.

Practice Location

Suite A.P05, Podium Level, Tower A
North Shore Health Hub
7 Westbourne Street
St Leonards NSW 2065

Sleep and Breathing Specialist Centre

Where to Park

Wilson Parking, North Shore Health Hub
Entry via Westbourne Street