

## SLEEP STUDY REFERRAL FORM

THORACIC AND SLEEP GROUP (QUEENSLAND)

ABN 99 125 959 133

Patient's Name \_\_\_\_\_ M / F

Address \_\_\_\_\_

Phone \_\_\_\_\_ Date of Birth \_\_\_\_\_

### DOCTORS USE ONLY

☐ Home Sleep Study

☐ Diagnostic  
Sleep Study

☐ Diagnostic  
Sleep Study with  
Mandibular Device

### SPECIALIST REFERRALS ONLY

☐ CPAP titration (Initial)

☐ CPAP review study

☐ MSLT / MWT

☐ Bi-level ventilation study

### CLINICAL HISTORY / INDICATIONS

☐ Snoring

☐ Hypertension

☐ Daytime Somnolence

☐ Obesity

☐ Witnessed Apnoeas

☐ Type II Diabetes

### SLEEP / RESPIRATORY PHYSICIAN REVIEW?

With Dr. \_\_\_\_\_

### REFERRING DOCTOR DETAILS (include provider number)

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Provider Number \_\_\_\_\_

Signature \_\_\_\_\_

Date of Referral \_\_\_\_\_

[www.thoracicanssleep.com.au](http://www.thoracicanssleep.com.au)

## SLEEP AND DRIVING

*Up to 30% of road accidents are attributed to fatigue and sleepiness.*

### DID YOU KNOW...

- Almost 40% of drivers have reported falling asleep at least once in their driving career
- 40% of crashes occur when driving to work
- Sleep disorders are a main consideration when assessing fitness to drive
- Sleep apnoea increases the risk of having a motor vehicle accident 8 fold
- Nearly \$2 billion is spent on road traffic accidents caused by fatigue in Australia
- In sleep related crashes, emergency braking is absent and without this response the crash is more likely to be fatal
- Long journeys at holiday times has increased accidents; do not fight fatigue
- CPAP therapy has been shown to be highly effective at reducing the risk of accidents

## MYTHS ABOUT STAYING AWAKE WHILE TIRED

1. Turning up the radio or rolling down a window will help you stay alert and awake
2. Chewing gum, eating, or drinking will relieve fatigue



THORACIC &  
SLEEP GROUP  
QUEENSLAND

Thoracic and Sleep Group (QLD) provides full state-of-the-art services for the diagnosis, treatment and long term management of all sleep and respiratory disorders.

**Your doctor can refer to one of our specialists if you are concerned you have a sleep disorder**

**Dr Andrew Scott**

Ph (07) 3876 8405 Fax (07) 3870 3212

[scott.reception@tsgq.com.au](mailto:scott.reception@tsgq.com.au)



Accredited for compliance with the Australasian Sleep Association  
Standards for Sleep Disorders Services

People caring for how you  
***breathe*** and ***sleep***.

**If your doctor requires you to have a diagnostic sleep study this can be done at the following locations.**

**All Sleep Centres Enquiries and Bookings**

Ph 07 3870 1120 or 1800 119 446

Fax 07 3870 0233 Email [admin@tsgq.com.au](mailto:admin@tsgq.com.au)

**The Wesley Hospital Sleep Disorders Centre**

The Wesley Hospital, Suite 2&3, Level 9  
Evan Thomson Building, 24 Chasely Street  
Auchenflower Qld 4066

**The Sunshine Coast Sleep Disorders Centre**

Nambour Selangor Private Hospital  
62 Netherton St, Nambour Qld 4560

[www.thoracicanssleep.com.au](http://www.thoracicanssleep.com.au)

# Sleep and Driving

*Driving is something that is part of everyday life yet most people don't realise how dangerous it can be without proper sleep.*



THORACIC &  
SLEEP GROUP  
QUEENSLAND

This brochure will identify the risks of sleep apnoea and driving and point you in the direction of help.

For more information on Sleep and Driving, visit our website

[www.thoracicanssleep.com.au](http://www.thoracicanssleep.com.au)





## SLEEP DISORDERS AFFECTING DRIVING

### OBSTRUCTIVE SLEEP APNOEA

Obstructive Sleep Apnoea (OSA) is a common sleep disorder affecting up to 20% of males and 10% of females.

OSA is caused by a repetitive choking of the airways during sleep, precipitated by relaxation of the tongue and pharyngeal muscles. This causes breathing to stop (apnoea) or be partly obstructed (hypopnoea). A drop in oxygen levels then causes reoccurring awakenings during the night, sleep fragmentation and poor quality sleep.

This leads to a combination of physical, psychological and intellectual impairment during the day. This can compromise good perception, judgement, and physical and emotional responsiveness, including when driving.

### INSOMNIA

The most common sleep disorder is insomnia. About one third of the population suffers insomnia at some stage in life.

An inability to sleep at night can drastically impair daytime performance and concentration. The leading authorities of sleep recommend that at least six hours of sleep per night is needed for a person to perform at their best the next day.

### WORKING LONG HOURS

If you are working long hours before driving home at night, think again.

Research shows that people who drive while sleepy are as impaired as those under the influence of alcohol.

HOURS OF WAKEFULNESS	RELATIVE BLOOD ALCOHOL CONCENTRATION
18 hours	0.05% bac (legal limit)
21 hours	0.08% bac
24 hours	0.10% bac

### THINGS TO REMEMBER WHEN DRIVING

- Avoid driving long distances at night
- Do not drive for longer than 2 hours without a break
- Be aware of your level of alertness and stop driving if you feel tired or sleepy
- Minimise driving if you have slept poorly
- Have some company when driving long distances

### MEDICAL STANDARDS FOR DRIVING

1. Everyone suspected of having sleep apnoea needs to be assessed and warned about the impact on road safety
2. The licensing status may need to be redetermined, particularly with commercial vehicle drivers
3. It is the responsibility of the driver to avoid driving if they are sleepy, comply with therapy, and honestly report their condition to their sleep physician
4. Commercial drivers with OSA are advised to have an annual review to ensure their therapy is still effective



## EPWORTH SLEEPINESS SCORE (ESS)

This score is a way of evaluating how sleepy someone is during the day. It is used internationally by sleep clinics, research groups and sleep physicians.

For each situation listed below, circle a number from 0 to 3 that best reflects how likely you are to fall asleep. Then add your total score up out of 24.

- 0** No chance of falling asleep  
**1** Slight chance of falling asleep  
**2** Moderate chance of falling asleep  
**3** High chance of falling asleep

Sitting and Reading	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
Watching TV	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
Sitting inactive in a public place	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
As a passenger in a car for an hour without a break	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
Lying down in the afternoon when circumstances permit	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
Sitting and talking to someone	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
Sitting quietly after lunch without alcohol	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>
In a car while stopped in traffic for a few minutes	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>

If your total score was more than 5, you have mild sleepiness and may not be getting the proper sleep you need. If your score is 10 or more you should talk to your doctor about how to improve your daytime energy levels and alertness.

ARE YOU CONCERNED THAT YOU MIGHT HAVE A SLEEP DISORDER?

PLEASE FILL YOUR DETAILS OUT ON THE BACK AND GIVE IT TO YOUR GP FOR A REFERRAL TO OUR SLEEP CLINIC.