

# In Home **Sleep Study** Referral Form

## PATIENT SYMPTOMS

- ☐ Snoring
- ☐ Witnessed Apnoea
- ☐ Excessive daytime sleepiness
- ☐ Abnormal activity during sleep
- ☐ Insomnia

## PATIENT MEDICAL CONDITIONS

- ☐ Hypertension
- ☐ Type 2 Diabetes
- ☐ Cardiac Failure
- ☐ Atrial Fibrillation
- ☐ Stroke / TIA
- ☐ Obesity
- ☐ Other \_\_\_\_\_

## CLINICAL HISTORY (OPTIONAL)

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

## Interesting Statistics

90%

90% of **Obstructive Sleep Apnoea** (OSA) sufferers are undiagnosed and untreated

72%

72% of people with **Type 2 Diabetes** have OSA

60%

60% of people who have had a **Stroke** have OSA

73%

73% of people with **Congestive Heart Failure** have OSA

10 x

People with OSA are 10 times more likely to have a **Car Accident**



**THE WESLEY HOSPITAL  
SLEEP DISORDERS CENTRE**

## PHYSICIAN ENQUIRIES

**Dr Andrew Scott**

Thoracic and Sleep Physician

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

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SLEEP DISORDERS CENTRE**

## Home Based Sleep Studies

*Always tired, do you snore,  
restless legs, sleep apnoea?*

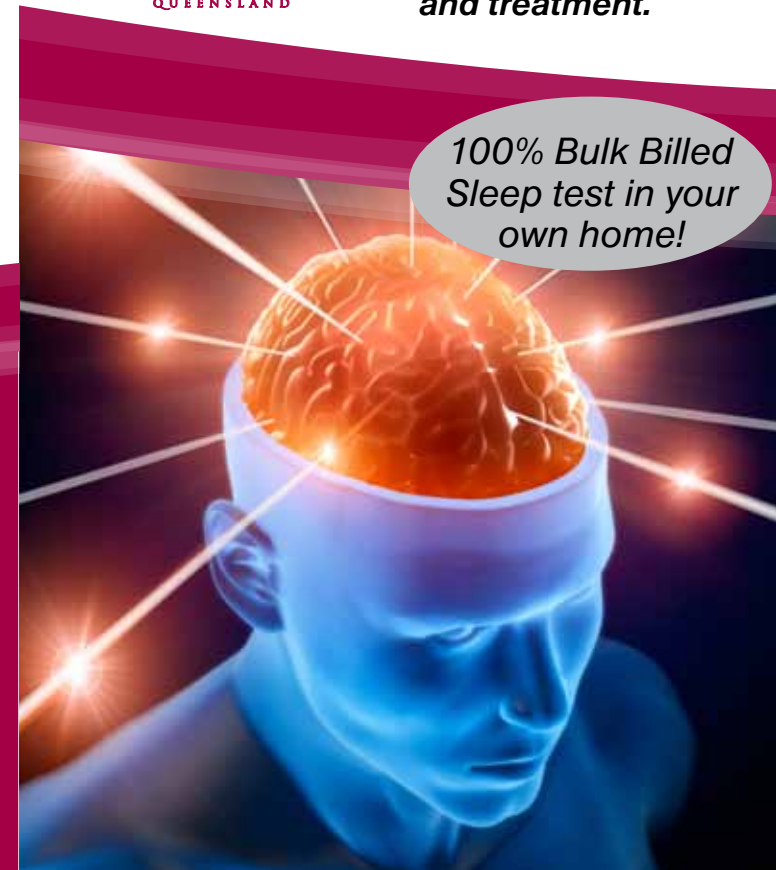
We perform Australasian Sleep Association approved in home sleep studies to investigate these complaints.



**THORACIC &  
SLEEP GROUP  
QUEENSLAND**

**Call us on  
1800 119 446  
for diagnostic testing  
and treatment.**

**100% Bulk Billed  
Sleep test in your  
own home!**





## WHAT IS OBSTRUCTIVE SLEEP APNOEA?

Obstructive Sleep Apnoea, or OSA, is a common sleep disorder. If you have OSA, it means that your airway collapses partially or completely while you are sleeping.

The muscles of the upper airway relax when you fall asleep. If you sleep on your back, gravity can cause the tongue to fall back. This narrows the airway and can reduce the amount of air getting into the lungs.

Snoring is a result of the airway narrowing causing vibrations in the tissue at the back of the throat. An apnoea is when the airway is completely closed, and breathing temporarily stops.

The airway can collapse repeatedly during the night, preventing oxygen from reaching your lungs. This makes you wake up to enable breathing to start again, and will typically go unnoticed.

Frequent awakenings at night can cause tiredness the following day. In the longer-term the lack of oxygen and nocturnal arousals will have negative consequences for your health.

## WHO IS AT RISK FOR OSA?

*You are at an increased risk if you are:*

- Overweight
- Hypertensive
- Male with neck size of 17 inches or more
- Female with neck size of 16 inches or more
- Male over the age of 40
- Female over the age of 50

## HOW DO I GET TESTED?

- Get your GP to complete the attached referral form
- Call The Thoracic & Sleep Group Qld to arrange an appointment
- At the appointment our technicians will set you up with the equipment and send you home
- The study is carried out in your home over night
- The equipment is taken off the next morning again by our technicians at the Wesley Hospital



## ASSOCIATED RISKS OF OSA INCLUDE

- High Blood Pressure
- Coronary Artery Disease
- Stroke
- Glucose Intolerance & Diabetes
- Depression/Anxiety
- Increased likelihood of motor vehicle accident

## In Home Sleep Study Referral Form

### PATIENT DETAILS

Patient's Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Date Of Birth \_\_\_\_\_

### REFERRING DOCTORS DETAILS

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

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

Signature \_\_\_\_\_ Date \_\_\_\_\_

### FOLLOW UP REQUIRED

☐ Next available appointment with a sleep specialist

☐ Follow up by referring doctor

**FAX REFERRAL TO 07 3870 0233**