

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 _____

CPAP trial Review of CPAP Oral appliance

Respiratory and Sleep Specialist consultation

Sleep Specialists

Dr Garrick Don
Provider number: 265965FA
Consultant Respiratory & Sleep Medicine Physician

Dr Odette Erskine
Provider number: 265968BY
Consultant Respiratory & Sleep Medicine Physician

Sleep Technicians

Graeme Henderson, Rosie Sutton, Rachel Sutton
Brendan Davies, Deirdre Stewart, Tambelin Howarth

deeper sleep
105 Keppel Street, Bathurst
215A Brisbane Street, Dubbo
ABN: 43 947 186 711

To book a sleep study call 1300 753 379 Or fax referral to: (02) 6331 8513 (Bathurst)
(02) 6881 8006 (Dubbo)

Sleep Apnea

Many people who snore or feel excessively tired during the day commonly suffer from sleep apnoea. A person with sleep apnoea stops breathing for short periods whilst asleep. If left untreated, this condition can be quite serious.

Many people are unaware that they may have this condition. The symptoms of sleep apnoea may include snoring, easily falling asleep whilst in front of the TV or reading a book, waking up in the morning feeling unrefreshed. Interestingly, it's often a partner who notices that something is wrong before the person with sleep apnoea does themselves.

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

Studies show:

- 50% of patients with high blood pressure have sleep apnoea
- nearly 60% of patients with Type 2 diabetes have sleep apnoea
- more than 75% of people who are significantly overweight have sleep apnoea.

The good news is that sleep apnoea can be treated, and treatment reduces the risk of having a cardiovascular event such as a heart attack or stroke.

Your overnight sleep study will help your doctor understand your risk of sleep apnoea and guide your treatment options.

Conducting your sleep study

First call Deeper Sleep on 1300 753 379 to book an appointment to set up the sleep study.

On the day of your appointment:

- please bring a list of your current prescription medications
- ensure you are not wearing nail polish or acrylic finger nails

During the night following your appointment, you will use the sleep recorder to record your sleep for one night at home.

On the day following your appointment, you will need to return the sleep recorder to the location where you had the appointment, by 9:30 am.

Your sleep study results will be sent to your referring doctor. Please make an appointment with your doctor to discuss the results, allowing 3 weeks for the report to be received.

Sleep Specialist consultations

Consultations with Respiratory and Sleep Specialists are available in Bathurst and Dubbo. For appointments call: (02) 6331 7851 (Bathurst) or (02) 6882 4244 (Dubbo)