

THE BREATH FACTORY

YOUR SNORING AND APNEA SOLUTIONS

thebreathfactory.ca
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Sleep Testing Referral / Prescription Form

Patient Name: _____ Date of Birth: _____

Contact: (H) _____ Contact: (C) _____

Health Card Number / Identifier: _____

LOCATION: ☐ Bedford ☐ Dartmouth ☐ Elmsdale ☐ Saint John
☐ Bridgewater

Diagnostics

☐ **Sleep study** (if STOPBANG greater than 2 - see reverse)

☐ Check here if the patient has atrial fibrillation

Therapy

Diagnosis: _____ (for prescription)

CPAP Services

☐ AutoCPAP therapy

☐ Existing CPAP / Bilevel therapy
(replacement device or moving)

Settings: _____

☐ Bilevel therapy or ASV on request

Settings: _____

Non CPAP Services

☐ eXciteOSA therapy
(genioglossus electrostimulation program
for snoring / mild OSA)

☐ Positional therapy (SleepNoodle)

☐ Aerobika therapy - setting _____
(range 1-5 - typically setting 3)

☐ CBT - insomnia

Additional Information: _____

MD / NP: Print: _____ Signature: _____

License #: _____ Phone: _____

Date: _____ Fax: _____

Send your referrals to:

Bedford Office:

Fax: (902) 404-5474

Dartmouth Office:

Fax: (902) 404-2357

Elmsdale/Bridgewater Office:

Fax: (902) 259-2805

Saint John Office:

Fax: (506) 643-8874

STOP BANG Screening Questionnaire

1) Snoring

Do you snore loudly (louder than talking or loud enough to be heard through closed doors)?

☐ Yes ☐ No

2) Tired

Do you often feel tired, fatigued, or sleepy during daytime hours?

☐ Yes ☐ No

3) Obstructive

Has anyone observed you stop breathing during your sleep?

☐ Yes ☐ No

4) High Blood Pressure

Do you have or are you being treated for high blood pressure?

☐ Yes ☐ No

5) Body Mass Index

BMI greater than 35 kg/m²?

☐ Yes ☐ No

6) Age

Age greater than 50 years old?

☐ Yes ☐ No

7) Neck circumference

Is the neck circumference (collar size) greater than 40 cm or 16 inches?

☐ Yes ☐ No

8) Gender

Male gender?

☐ Yes ☐ No

Increased risk of OSA:

Answering yes to three or more items.

Decreased risk of OSA:

Answering yes to two or fewer items.