

Sleep Study Referral

Please email the completed form to: gypmiesleep@directchemistoutlet.com.au

DIRECT SLEEP CLINIC

Shop 2, Goldfields Plaza, Monkland
Street, Gympie
(07) 5346 0160

Patient Details

First Name: _____ Last name: _____ Date of birth: DD/MM/YYYY
Phone: _____ Language Spoken: _____ Gender: ☐ Male ☐ Female
Medicare Number: _____ Medicare Ref No: _____ Medicare Exp: MM/YYYY

Doctor Details (Practice Stamp)

Referring doctor's name: _____ Provider No: _____
Address: _____ State: _____ Postcode: _____
Phone: _____
Reason for referral: _____
Service: Medicare funded sleep study ☐ Patient funded sleep study ☐ CPAP treatment ☐
Physician Signature: _____ Date signed: DD/MM/YYYY

Sleep Questionnaires Please complete these to the best of your ability

Epworth Sleepiness Scale (>8 to qualify)

Situation		Chance of dozing/sleeping			
		Never	Slight	Moderate	High
1	Sitting and reading	0	1	2	3
2	Watching TV	0	1	2	3
3	Sitting, inactive, in a public place	0	1	2	3
4	As a passenger in a car for an hour without a break	0	1	2	3
5	Lying down to rest in the afternoon when circumstances permit	0	1	2	3
6	Sitting and talking to someone	0	1	2	3
7	Sitting quietly after a lunch without alcohol	0	1	2	3
8	In a car, as the driver, while stopped for a few minutes in traffic	0	1	2	3
Total out of 24					

STOP BANG Questionnaire (>3 to qualify)

1	Does the patient S nore?	1 point
2	Do they feel T ired, fatigued or sleepy during the day?	1 point
3	Has anyone O bserved them stop breathing during their sleep?	1 point
4	Do they have or are being treated for high blood P ressure?	1 point
5	Is their B MI greater than 35?	1 point
6	Are they A ged 50 or over?	1 point
7	Is their N eck circumference greater than 40cm?	1 point
8	Is their G ender male?	1 point
Total score		

OSA50 Questionnaire (>5 to qualify)

Obesity	Waist circumference	3 points
	Male >120cm	
	Female >88cm	
Snoring	Has their snoring ever bothered other people?	3 points
Apnoeas	Has anyone noticed them stop breathing?	2 points
50	Are they aged 50 years or older?	2 points
Total Score		/10