

Request for a Home Sleep Study

MBS Item 12250 Sleep Physician (MBBS, FRACP)
Dr Vikas Wadhwa

**For bookings, please fax to 9012 4156
or call Chris on 0414 337 864**

Home Sleep Studies Australia Pty Ltd ABN 33 120 947 051

Patient Details

Name (first last) _____ DOB _____ Male Female

Address _____ Postcode _____

Home phone _____ Mobile _____

Occupation _____ Email (for report) _____

Medicare card number (10 digits) _ _ _ _ _ Ref # (left of name) _

DVA _ _ _ _ _ Cost \$ _____ Cash / EFT / Cheque banked on __/__/__

VISA or MC number _ _ _ _ _ Exp __/ __

Name on card _____ Signed _____

Clinical Details

Height (cms) _____ Weight (kg) _____ Epworth ___/24

Reasons for request

- Diagnostic CPAP review MAS review
- Pre-gastric banding Snoring Coughing
- Witnessed apnoeas Choking Gasping
- Wake unrefreshed Wake with headache
- Always tired Often tired Depression
- Sleepy driving Grinding TMJ pain
- Stroke Heart disease Hypertension Diabetes 2
- Insomnia Disturbed sleep Other:



Referring Doctor Details

Name _____

Address _____

Tel _____ Fax _____

Email _____

Provider No (8 characters) _____

Signed _____ Date _____

GP Physician _____ Dentist _____ More request pads please

Report Routine Urgent by date _____ delivered by Mail Email Tel Fax

Booking

Date _____ Time _____ Place _____

Set-up Sleep Technician _____ Expected sleep time _____ wake time _____



Preparing for your test

WARNING

POOR SLEEP CAN BE FATAL and lead to car accidents, strokes and heart attacks. It is also a major cause of high blood pressure, depression, obesity, type II diabetes, sexual problems, excessive urination at night, morning headaches and relationship problems.

1. Out-of-pocket cost is \$220 which is partly rebated by some health funds.
2. If you want to exercise and shower, please do so before the set-up time.
3. You will be able to continue most activities such as eating, drinking, reading, working and walking but avoid going out in public.
4. Wear a t-shirt and shorts or similar.
5. Ladies: please no make up, moisturisers or dark finger nail polish and remove your bra if you don't want to sleep with it on.
6. Guys: if hairy chest in the V-neck area, please shave 10cm wide by 5cm high to enable the position sensor to be taped securely in place.
7. Set-up appointment takes about 30 mins.
8. Follow your normal pre-bedtime routine, which may include medications and alcohol.
9. Turn off electric blankets and no mobile phones near the bed.
10. Please return the monitor the next day.

What is the best treatment for snoring and sleep apnoea?

The best treatment depends on the diagnosis and severity as reported by the Sleep Physician:

SELF MANAGEMENT

1. Improve sleep hygiene

eg reduce alcohol, nicotine, caffeine.

www.sleepbetter.com.au

www.sleepcoach.net

2. Reduce inflammation

Remove sources of inflammation such as stress, dust mites or food sensitivities.

3. Sleep on your side

Use a thick, firm pillow on a soft bed.

4. Lose weight

Even 5kg can make a difference.

5. Singing can reduce snoring and sleep apnoea significantly.

(eg www.singingforsnorers.com)

PRESCRIBED TREATMENTS

6. Oral appliance

(eg www.somnomed.com.au) fitted by a trained dentist – first choice treatment for snoring and mild to moderate sleep apnoea (RDI<30/hr and BMI<30). 20-80% effective.

7. CPAP (eg www.resmed.com.au)

Continuous Positive Airway Pressure - first choice treatment for mild, moderate and severe sleep apnoea (RDI>5/hr). 80-100% effective. Rental units available.

8. Surgery

Discuss with your doctor, especially if you are unable to breath through your nose or you need help losing weight.

Epworth Sleepiness Score (ESS)

How likely are you to doze or fall asleep in the following situations during the day? If you don't normally do these activities, please indicate what you think would happen. (Normal <10/24).

Chance of dozing: 0 = None

1 = Slight

2 = Moderate

3 = High

Sitting and reading

Watching television

Sitting, inactive in a public place (eg theatre, meeting, shopping centre)

As a passenger in a car for an hour with no break

Lying down to rest in the afternoon, if circumstances permit

Sitting and talking to someone

Sitting quietly after lunch without alcohol

Driving a car while stopped for a few minutes in traffic

/24 Epworth Sleepiness Score

Your Local Sleep Clinic

Chris Bunney

Unit 11, 212 Walsh Street

(Postal: LPO Box 3027)

South Yarra VIC 3141

Mob: 0414 337 864

Tel: (03) 9939 8137 Fax: (03) 9012 4156

chris.bunney@homesleep.com.au

www.homesleep.com.au