

Request for a Home Sleep Study

to be reported by a Sleep Physician (MBBS, FRACP)
as per Medicare item number 12250

HOME SLEEP

STUDIES AUSTRALIA

Home Sleep Studies Australia Pty Ltd

ABN 33 120 947 051

**For bookings, please fax to 03 9012 4156
or call 1300 HOME SLEEP**

Patient

Name _____ **DOB** _____ Male Female

Physical Address _____ Postcode _____

Suburb/Town _____ Mobile _____

Occupation _____ Email (for report) _____

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

DVA _ _ _ _ _ Cost \$ _____ Cash/EFT/Cheque/EFTPOS/VISA/MC

CPAP mask fitting: Pillows S M L Nasal S M L LW Full face XS S M L

Clinical presentation

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

Diagnostic **CPAP review** **MAS review**

Primary reasons for request (at least 2 are required):

Snoring Coughing Choking Gasping

Witnessed apnoeas Urination at night x _____

Wakes unrefreshed with headache with dry mouth

Always tired Often tired Depression High BMI _____

Sleepy driving Insomnia

Stroke Heart disease Hypertension Diabetes 2

Other:

Mallampati 1 2 3 4 Grinding TMJ pain Retrognathia

Enlarged tongue OH&S Pre-gastric banding

Requesting Doctors

Name _____

Address _____

Tel _____ Fax _____

Email _____

Provider No (8 characters) _____

Signed _____ **Date** _____

GP Physician Copy report to: _____

Booking

Date _____ **Time** _____ **Place** _____ **Somte #** _____ **Signal quality** _____

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. There is an out-of-pocket cost of \$150 which is not rebated by health funds.
2. Please be ready for bed but you can go to bed later at your normal 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 PJs or t-shirt - equipment will be applied over the top.
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 trim/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.sleepwithconfidence.com.au

2. Reduce inflammation

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

3. Sleep on your side

Use a high pillow.

4. Lose weight

Even 5kg can make a difference.

5. Singing can reduce snoring and sleep apnoea by 50%

www.singingforsnorers.com

PRESCRIBED TREATMENTS

6. Oral appliance

Fitted by a trained dentist. First choice treatment for snoring and mild to moderate sleep apnoea (RDI<30/hr and BMI<30). 50% effective but tolerated by 95%.

7. CPAP www.resmed.com.au

Continuous Positive Airway Pressure
First choice treatment for mild, moderate and severe sleep apnoea (RDI>5/hr). 95% effective but only tolerated by 50%. 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

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