

# Sleep Study Referral



To screen & test for sleep issues, please fill in this form.  
Your clinic name:

Diagnostic Experts in Sleep Science

A GP or Specialist will need to complete the Referring Practitioner Section for a Medicare rebate.

## Sleep & Respiratory Physicians

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### Type of Sleep Study

Diagnostic

Treatment Review

### Patient Details

Name

Male  Female DOB / /

Email

Mobile

Address

Medicare Number  /  DVA  N/A

Age Height(cm) Weight(kg) BMI (kg/m<sup>2</sup>) Neck(cm) Waist (cm)

### A Medicare rebate applies under the following conditions -

1. Age 18+ 2. Epworth Sleepiness Scale of 8+ 3. STOP BANG of 3+ OR OSA50 of 5+

A Medicare rebate cannot apply if a home sleep study claim was made within the last 12 months.

We can proceed with a private sleep study. Please contact Home Sleep for further details.

### Epworth Sleepiness Scale - see overleaf

Total ESS / 24

### STOP BANG Questions - tick all that apply

- Snoring (1pt)  Have high blood pressure (1pt)  Neck, Male or Female > 40cm (1pt)  
 Observed stops breathing (1pt)  BMI over 35kg/m<sup>2</sup> (1pt)  Gender is Male (1pt)  
 Often tired, fatigued or sleepy (1pt)  Age over 50 (1pt)

Total STOP BANG / 8

### OSA50 Questions - tick all that apply

- Snoring bothers others (3pts)  Age 50 or over (2pts)  Waist - Female > 88 cm (3pts)  
 Observed stops breathing (2pts)  Waist - Male > 102cm (3pts)

Total OSA50 / 10

### Reasons for a Sleep Study

- Depression  Acid reflux  Sleepy driving  Wakes with headache  
 Heart disease  Bruxing  Pre-surgery  Wakes unrefreshed  
 Stroke  Grinding  Libido loss  Wakes with dry mouth  
 Type II Diabetes  TMJ Pain  Urinating at night (#\_\_\_\_)  Wakes choking, gasping or coughing

Other:

TO BOOK

☎ 03 9908 5800

📄 03 9012 4156

@ bookings@homesleep.com.au

## Epworth Sleepiness Scale (ESS)

The Epworth Sleepiness Scale has been designed to measure a patient's likely daytime sleepiness.

How likely are they to doze off during the day in the following situations?

It is important to answer each question. Even if the situation has not been experienced recently, try to work out the best possible answer. The sleepiness score is not valid if a question is missed.

### Determine the Level of Sleepiness for Your Patient

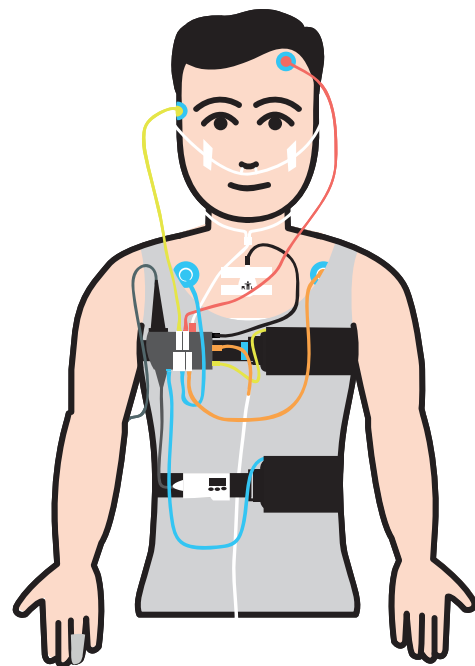
Use the numeric scale to determine the likelihood of dozing off in each of the situations below. Tick the appropriate rating to determine the sleepiness score.

- 0 None
- 1 Slight
- 2 Moderate
- 3 High

### Situations

0 1 2 3

Sitting and reading	( )	( )	( )	( )
Watching Television	( )	( )	( )	( )
Sitting inactive in a public place	( )	( )	( )	( )
As a passenger in a car for an hour with no break	( )	( )	( )	( )
Lying down to rest in the afternoon	( )	( )	( )	( )
Sitting and talking to someone	( )	( )	( )	( )
Sitting quietly after lunch without alcohol	( )	( )	( )	( )
Stopped in traffic for a few minutes while driving a car	( )	( )	( )	( )



Total ESS

/24

### Referring Practitioner Section

GP

Specialist

Name

Provider No.

Address

Phone

Email / Fax

Signature

Date

**TO BOOK**

 03 9908 5800

 03 9012 4156

 [bookings@homesleep.com.au](mailto:bookings@homesleep.com.au)