



Sleep Medicine – Sleep Centre

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PATIENT INFORMATION

REFERRAL DATE: / /

Name: _____

Address: _____

DOB: _____ Phone: (H) _____ (M) _____

REQUEST:

(Tick all that apply)

- | | |
|--|--|
| <input type="checkbox"/> Opinion/ Consult | <input type="checkbox"/> Oximetry |
| <input type="checkbox"/> In-patient Sleep Study | <input type="checkbox"/> Home Sleep Study |
| <input type="checkbox"/> In-patient Sleep Study and Consult | <input type="checkbox"/> Home Sleep Study and Consult |
| <input type="checkbox"/> In-patient Sleep Study/Day Test | <input type="checkbox"/> Sleep Study for Certification
(commercial driving, railway worker etc) |
| <input type="checkbox"/> CPAP Trial and Management
(with physician) | <input type="checkbox"/> CPAP Clinic (with Technician) |

CLINICAL NOTES (height, weight, TSH, iron studies, other): _____

ESS: Medicare requires a total score of 8 or higher for patient to qualify for a sleep study (please write number)

0 – Would never doze off 1 – Slight chance of dozing 2 – Moderate chance of dozing 3 – High chance of dozing

- | | |
|--|--|
| <input type="checkbox"/> In a car, while stopped for a few minutes in traffic | <input type="checkbox"/> Watching TV |
| <input type="checkbox"/> Lying down to rest in the afternoon when circumstances permit | <input type="checkbox"/> Sitting and talking to someone |
| <input type="checkbox"/> Sitting, inactive in a public place (eg: theatre or meeting) | <input type="checkbox"/> Sitting quietly after lunch without alcohol |
| <input type="checkbox"/> As a passenger in a car for an hour without a break | <input type="checkbox"/> Sitting and reading |

SCORE: 0 – 7 8 – 24

OSA50: Medicare requires a total score of 5 or higher for patient to qualify for a sleep study (please tick)

- | | | |
|--|-----|--------------------------|
| Waist circumference (measured at the level of umbilicus) – Male >102CM/ Female >88CM | (3) | <input type="checkbox"/> |
| Has your snoring ever bothered other people? | (3) | <input type="checkbox"/> |
| Has anyone noticed that you stop breathing during your sleep? | (2) | <input type="checkbox"/> |
| Are you aged 50 years or over? | (2) | <input type="checkbox"/> |

TOTAL SCORE:

REFERRING PRACTITIONER:

Name: _____ Provider No: _____

Address: _____ Phone: _____

Signature: _____ Date: _____

OVERNIGHT OXIMETRY

Overnight oximetry (currently \$70) is a screening test for obstructive sleep apnea, helpful mostly to prioritise further investigation and in severe cases to initiate treatment earlier.

The oximeter device is collected from 50 Smith Street, Charlestown.

IN PATIENT LABORATORY SLEEP STUDY

A full in laboratory overnight sleep study is the gold standard (and the most reliable) test in the investigations of snoring, sleep apnea and other sleep disorders. Given the medico-legal implications (driving, insurance, job application etc) of a sleep disorder diagnosis such as obstructive sleep apnea or narcolepsy, an overnight sleep study should be undertaken for final diagnosis. The patient will need to have private insurance to have the study performed at Warners Bay Private Hospital or pay out of pocket for the overnight stay if not insured. There may also be an excess to pay when covered by private insurance. We do not charge above the scheduled fee – there is no gap fee. Alternatively, the patient may be studied at John Hunter Hospital.

PORTABLE HOME SLEEP STUDY

A good option for the un-insured patient, and for OSA screening, is a home sleep test. It is less reliable than an in laboratory study in patients with COPD, heart failure and on oxygen if central sleep apnea is suspected (Cheyne-Stokes breathing). It is also less reliable in patients who may not have the ability to reconnect any wires which may come loose during the night. We bulk bill the test but charge a booking fee (\$25) to ensure collection and usage of the device.

MULTIPLE SLEEP LATENCY TEST (MSLT)

An MSLT consists of 4 – 5 naps of 20 minutes duration throughout the day spaced 2 hours apart. It is a physiological measure of sleep tendency and it is performed after an overnight sleep study.

MAINTENANCE OF WAKEFULNESS TEST (MWT)

Similar to an MSLT, it consists of four 40 minute sessions, spaced 2 hours apart. The individual's ability to stay awake in a quiet, dark room is objectively measured. This test may be required for driving, pilot and work certification.

TREATMENT OF OBSTRUCTIVE SLEEP APNEA

Treatment of sleep apnea involves weight reduction, attention to alcohol intake, possible use of a mouthguard, positional treatment and CPAP. CPAP therapy is one avenue of treatment for patients who have sleep apnea or snoring. CPAP machines deliver pressurized air to prevent the airways from collapsing while you sleep. The prescribed CPAP pressure is carefully determined for each individual and sometimes it may need adjustment over the first few months of use, while other users may feel an immediate beneficial effect. There are many potential benefits of CPAP therapy which include but are not limited to the reduction of disturbed breathing, elimination of snoring, improvement of sleep quality, circumvention or significant reduction of high blood pressure, just to name a few. (We charge \$100 for a month trial of both a machine and mask - \$80 ENABLE)

ACTIGRAPHY

Actigraphy is a watch like instrument which allows indirect assessment of internal circadian rhythm by assessing activity and rest periods. The watch like instrument is worn for a minimum of a week, sometimes 2 weeks, and a sleep diary maintained. Actigraphy currently costs \$70.