

# Sleep Medicine

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## Patient Information

Name: \_\_\_\_\_

Address: \_\_\_\_\_

DOB: \_\_\_\_\_ Phone: (H) \_\_\_\_\_ (M) \_\_\_\_\_

Disruptive snoring

Reported apneas

Disarrayed bedclothes

Gasping noises

## Please tick the required

Oximetry

Opinion/consult

In patient Sleep Study

Home Sleep Study

Sleep Study for certification

*(commercial driving, railway worker, mine industry etc)*

CPAP Trial and management

## Notes

Height

Weight

TSH

Iron Studies

Referred by: \_\_\_\_\_ Provider No.: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## **Oximetry**

Overnight oximetry is a good screening test for sleep apnoea.

## **Sleep studies**

A full *in lab* overnight sleep study is the gold standard (and the most reliable) test in the investigations of snoring and sleep apnoea and other sleep disorders. Given the medicolegal implications (driving, insurance, job application) of sleep disorder diagnosis such as obstructive sleep apnoea and narcolepsy, an overnight study should be undertaken for a final diagnosis.

## **Home Study**

Less reliable than an in lab study in COPD, heart failure and with patients on oxygen if central apnoea is suspected (Cheyne-Stokes breathing). It is also less reliable in patients who may not have the ability set themselves up at night.

## **Multiple Sleep Latency Test (MSLT)**

MSLT consists of 4 to 5 naps of 20 minutes each through the day. It is a physiological measure of sleep tendency and it is performed after an overnight sleep study.

## **Maintenance of Wakefulness Test (MWT)**

Similar to MSLT, it consists of 4 periods of 40 minutes where the person is expected to stay awake in a quiet, dark room (the person's ability to stay awake is measured).