

# Home Sleep Study Referral Form



Healthy Sleep Solutions™  
Studio 2, Level 9, 889 Kent Street  
Sydney, NSW 2000  
ABN: 35 121 729 554

## Patient details

Name \_\_\_\_\_  
Address \_\_\_\_\_  
\_\_\_\_\_  
Telephone \_\_\_\_\_

## Referring doctor

Provider # \_\_\_\_\_  
Signature \_\_\_\_\_  
Date \_\_\_\_\_

## Service requested

**Overnight ambulatory investigation for sleep apnea**

Please tick eligibility criteria below. Criteria set by Sleep Specialist to ensure test is necessary

### Reasons for referral – please tick 2

- Witnessed apneas or choking**
- Regular loud snoring**
- Regular fatigue or sleepiness**
- CV risk factors** (hypertension, diabetes, BMI > 30 or other heart disease)

### Other history \_\_\_\_\_

ESS \_\_\_\_\_

**CPAP trial**       **Review of CPAP treatment**

### Reviewing physician

Dr Kevin Chan  
Provider number: 222988GX  
Consultant Respiratory & Sleep Medicine Physician

### Sleep technicians

Graeme Henderson, Rosie Sutton, Rachel Sutton  
Brendan Davies, Laura Ioannides

**deeper**  
**sleep**

105 Keppel Street  
Bathurst NSW 2795  
Tel: 1300 753 379  
ABN: 43 947 186 711

# Sleep Apnea

Many people who snore or feel excessively tired during the day commonly suffer from sleep apnea.

Sleep apnea is a condition where the person actually stops breathing for short periods whilst asleep. If left untreated, this condition can be quite serious.

Many people are unaware that they may have this condition. The symptoms of sleep apnea include snoring, easily falling asleep whilst in front of the TV or reading a book, with some people complaining they awake in the morning feeling unrefreshed. Other people say that they just generally feel tired during the day. Interestingly, it's often a partner who notices that something is wrong before the person with sleep apnoea does themselves. People with sleep apnea may be up to seven times more likely to have a motor vehicle accident.

Sleep apnea is of particular concern if you also suffer from cardiovascular diseases like hypertension, diabetes or if you are overweight. Sleep apnea is one cause of high blood pressure. Sleep apnea can also make control of diabetes more difficult.

Studies show:

- 50% of patients with high blood pressure have sleep apnea
- nearly 60% of patients with Type 2 diabetes have sleep apnea
- more than 75% of people who are significantly overweight also have sleep apnea.

The good news is that sleep apnea can be treated, and treatment reduces the risk of having a cardiovascular event such as a heart attack or stroke.

Your overnight sleep study will help your doctor understand your risk of sleep apnea and guide your treatment options.

## Conducting your sleep study

First call Deeper Sleep on 1300 753 379 to book an appointment to set up the sleep study.

On the day of your appointment:

- please bring a list of your current prescription medications
- ensure you are not wearing nail polish or acrylic finger nails

During the night following your appointment, you will use the sleep recorder to record your sleep for one night at home.

On the day following your appointment, you will need to return the sleep recorder to the location where you had the appointment, by 9:30 am.

Your sleep study results will be sent to your referring doctor. Please make an appointment with your doctor to discuss the results, allowing 4 weeks for the report to be received.

To book a sleep study call 1300 753 379