



PATIENT NAME

DATE OF BIRTH

ADDRESS

MOBILE

MEDICARE NUMBER / DVA

PHONE

Investigation Required - Medicare subsidised sleep study (Complete ESS and STOP-BANG or OSA-50)

- Full Lung Function - Spirometry Pre & Post BD, Gas Transfer, Lung Volumes
- Spirometry Pre & Post BD, Gas Transfer
- Spirometry Pre & Post BD
- Bronchial Provocation - Mannitol Challenge
- FeNO - Fractional Exhaled Nitric Oxide
- Postural Spirometry (Seated & Supine)
- Respiratory Muscle Strength
- Six Minute Walk Test
- Six Minute Walk Test with Oxygen for MASS evaluation
- Unattended Home Sleep Study
- Auto-Pap Therapy Initiation/Trial
- 24 Hour Holter Monitor
- Allergen Skin Prick Test

Medicare requirements for sleep testing have changed To determine if your patient is eligible for a diagnostic sleep study, please complete the screening tools below. For a Medicare subsidised sleep study, patients referred must report symptomatic sleepiness via an Epworth score of 8 or more **and** have moderate to severe likelihood of Obstructive Sleep Apnoea (OSA) via a STOP-BANG score of 3 or more **or** an OSA-50 of 5 or more. Patients must be aged 18 or over for this service.

Epworth Sleepiness Scale (ESS)

How likely is the patient to doze off or fall asleep in the following situations? Choose the most appropriate number for each situation:

- 0 = would never fall asleep
- 1 = slight chance of falling asleep
- 2 = moderate chance of falling asleep
- 3 = high chance of falling asleep

Sitting and reading	/ 3
Watching TV	/ 3
Sitting, inactive in a public place (theatre, meeting, etc.)	/ 3
As a passenger in a car for an hour without a break	/ 3
In a car, while stopped for a few minutes in traffic	/ 3
Lying down to rest in the afternoon when circumstances permit Sitting quietly after lunch without alcohol	/ 3
Sitting and talking to someone	/ 3
Symptomatically sleepy: scoring of 8 or more	Total / 24

STOP-BANG Questionnaire Assign 1 point for each 'yes' response

Does the patient SNORE loudly (louder than talking or loud enough to be heard through closed doors)?	
Does the patient often feel TIRE D, fatigued, or sleepy during daytime?	
Has anyone OBSERVED the patient stop breathing during their sleep?	
Is the patient being treated for high blood PRESSURE ?	
BMI more than 35 kg/m ² ?	
AGE : Is the patient over 50 years old?	
Is the patients NECK circumference greater than 40 cm?	
GENDER : Is the patient male?	
Intermediate risk OSA : answering yes to 3-4 items	
High risk OSA : answering yes to 5 or more items	
Total	/ 8

OSA - 50 Questionnaire

Obesity - Waist circumference measured at the level of the umbilicus: Male > 102cm Females > 88cm	/ 3
Has your snoring ever bothered other people?	/ 3
Has anyone noticed you stop breathing during your sleep?	/ 2
Are you aged 50 years or over?	/ 2
Symptomatically sleepy: scoring of 5 or more	TOTAL / 10

CLINICAL NOTES

Requesting doctor

REFERRING DOCTOR NAME / PROVIDER NUMBER

PRACTICE ADDRESS

SIGNATURE/DATE

Centre locations

Ipswich

📍 1/10 Churchill Street,
Ipswich
QLD 4305

Springfield Central

📍 Building 3, Ground Floor,
2 Symphony Way,
Springfield Central
QLD 4300

Southport

📍 178 Nerang Street,
Southport
QLD 4215

Tamborine Mountain

📍 248 Beacon Rd
Tamborine Mountain
QLD 4272

Appointments

1800 4 SLEEP (75337)

Mobile: 0466648772 (call or text)

Ipswich : (07) 3202 2000

Full Lung Function - No inhalers/puffers on the day of the test

Ingestion of food containing caffeine should be withheld on the day of the test, as it can decrease bronchial hyper-responsiveness. Smoking and vigorous exercise should not be undertaken on the day of the test.

Bronchial Provocation

Ventolin, Zempreon, Asmol, Bricanyl, Intal, Tilade	8 hours
Pulmicort, Flixotide, Fluticasone Cipla, QVAR, Alvesco, Arnuity, Atrovent	12 hours
Foradile, Theo-Dur, Nuelin	24 hours
Seretide, Cipla, Symbicort, DuoResp, Breo, Flutiform, Serevent, Oxis, Onbrez	36 hours
Spiriva, Bretaris, Incruse, Seebri, Brimica, Anoro, Ultibro, Spiolto, Trelegy, Trimbaw	72 hours

Allergen Skin Prick Test

No Antihistamines	72 hours
Please inform staff if you are currently taking Prednisolone	

Contraindications - Sleep Study

Patients that have significant intellectual / cognitive impairment, significant physical disability without a carer's assistance, neuromuscular disease, advanced heart failure, advanced/Type II respiratory failure, seizure disorders, parasomnias, or unsafe/undesirable home environment may not be suitable for a home sleep study.

