

Sleep Study Referral

Please email the completed form to: sleep@centurionhealthcare.com.au or fax **1300 469 087**.

First name: _____ Last name: _____ Date of birth: DD / MM / YYYY

Phone: _____ Email: _____

Gender: Male / Female Medicare number: _____ Medicare ref no: _____ Medicare exp date: MM / YYYY

Doctor Details (Practice stamp)

Referring doctor's name: _____ Provider no: _____

Address: _____ State: _____ Postcode: _____

Phone: _____ Fax: _____

Reason for referral: _____

Service Request (Circle all that apply)

☐ Physician Consultation: Specialty: Respiratory / Sleep / Cardiology Consult Type: Face-to-Face / Telehealth

☐ Home Sleep Study: Location: _____ Funding: Medicare / Self-Funded

☐ CPAP Clinic: Initiate Treatment / Treatment Review / Troubleshoot / Approved DVA

☐ Lung Function Testing: Spirometry / Lung Volumes / DLCO

Physician signature: X _____ Date: DD / MM / YYYY

Sleep Questionnaires Please complete these to the best of your ability

1. Epworth Sleepiness Scale (≥ 8 to qualify)

Situation	Chance of dozing/sleeping			
	Never	Slight	Moderate	High
1. Sitting and reading.	0	1	2	3
2. Watching TV.	0	1	2	3
3. Sitting, inactive in a public place (eg. a theatre or a meeting).	0	1	2	3
4. As a passenger in a car for an hour without a break.	0	1	2	3
5. Lying down to rest in the afternoon when circumstances permit.	0	1	2	3
6. Sitting and talking to someone.	0	1	2	3
7. Sitting quietly after a lunch without alcohol.	0	1	2	3
8. In a car, as the driver, while stopped for a few minutes in traffic.	0	1	2	3
Total out of 24:				

STOP BANG Questionnaire (≥ 3 to qualify)

1.	Does the patient Snore ?	1 point
2.	Do they feel Tired , fatigued or sleepy during the day?	1 point
3.	Has anyone Observed them stop breathing during their sleep?	1 point
4.	Do they have or are being treated for high blood Pressure ?	1 point
5.	Is their BMI greater than 35?	1 point
6.	Are they Aged 50 years or older?	1 point
7.	Is their Neck circumference greater than 40cm?	1 point
8.	Is their Gender male?	1 point
Total score		

OSA50 Questionnaire (≥ 5 to qualify)

Obesity	Waist circumference Male > 102 cm Female > 88 cm	3 points
Snoring	Has their snoring ever bothered other people?	3 points
Apnoeas	Has anyone noticed them stop breathing during their sleep	2 points
50	Are they aged 50 year or older?	2 points
Total score		/10

Preparing For Your Sleep Study

Before Your Sleep Study

Before attending your sleep study, it is important to:

- Shower – wash your hair and remove any hair oils, sprays, gels etc.
- Remove makeup, nail polish, nail varnish and acrylic nails
- Eat and drink as you would normally
- Wear loose-fitting, comfortable clothes, preferably a button-up shirt

These directions are not only for your comfort, but also the accuracy of your sleep study.

Attending the Sleep Study

Attend your appointment 10 minutes early and allow between 30 – 60 minutes for your appointment.

Once hooked up for a sleep study, you will not be able to change clothes or have a shower. Please arrange to drive or be driven home, as you will be unable to take public transport afterwards.

After Your Sleep Study

The following morning, please carefully detach the wires and pack them with the device in the canvas bag provided. Do not use scissors under any circumstances when removing the wires!

Return the device to the clinic before 10 am that day, so that the device can be cleaned and prepared for the next patient.

Your Sleep Study Results

Allow up to 2 weeks for your sleep study to be reported by our team of accredited Respiratory & Sleep Specialists and returned to your referring doctor.

If you are seeing one of Centurion's specialists, book your appointment 2 weeks after your sleep study and inform the receptionist of your sleep study date.

Bookings and Enquiries

To enquire about or book a sleep study or Respiratory & Sleep Specialist consultation, call us on **1300 469 083** or email sleep@centurionhealthcare.com.au

Our Clinics

New South Wales

ASHFIELD 32 Elizabeth St, Ashfield 2131

AUBURN 35 Norval St, Auburn 2144

BANKSTOWN Suite LG01, 68 Eldridge Road (corner of Eldridge Road and Gallipoli Street), Bankstown, NSW 2200

BAULKHAM HILLS Soul Pattinson Pharmacy, Shop 3 & 4 Grove Square, Olive St, Baulkham Hills, NSW 2153

BURWOOD Suite 2A, Level 2, 28 Burwood Road, Burwood, NSW 2134

CAMDEN 72 John St, Camden, NSW 2570

CAMPBELLTOWN Medical Specialist Centre, Suite 1, Southwest Cardiology Rooms, Corners King and Queen St, Campbelltown, NSW 2560

CHATSWOOD Priceline Pharmacy Chatswood Chase, LG4 Chatswood Chase Shopping Centre, Victoria Ave, Chatswood, NSW 2067

FAIRFIELD 18 Nelson Street, Fairfield 2165

FAIRFIELD Soul Pattinson Chemist, Neeta City Shopping Centre, Shop G18, 54 Smart Street, Fairfield Neeta City, NSW 2165

FLINDERS Flinders Discount Chemist, 1/7 Munmorah Cct, Flinders, NSW 2529

LIVERPOOL Suite 14, 17 Moore St, Liverpool 2170

LIVERPOOL Save & Deliver Compounding Pharmacy, 279 Macquarie Street, Liverpool, NSW 2170

MACQUARIE PARK Suite 1-3, Level 1, 6 Eden Park Drive, Macquarie Park 2113

MAROUBRA 1 Walsh Ave, Maroubra 2035

MAROUBRA Chemist By Mail, 3/826 Anzac Parade, Maroubra, NSW 2035

MIRANDA Shop 1002 Westfield Shopping Centre, The Kingsway, Miranda 2228

MOOREBANK Moorebank Day & Night Pharmacy, 21/42 Stockton Ave, Moorebank, NSW 2170

PENRITH 107 Stafford St, Penrith, 2750

ROZELLE 670 Darling Street, Rozelle 2039

ZETLAND TerryWhite Chemmart, Shop 50 East Village Shopping Centre, Zetland, NSW 2017

Victoria

BAYSWATER 625 Mountain Highway, Bayswater, VIC 3153

BELMONT Community Care Chemist, 157 High Street, Belmont, VIC 3216

BENDIGO Bendigo Mobile CPAP Service, Bendigo, VIC 3550

BERWICK Suite 2.3, Level 2, 55 Kangan Drive, Berwick, VIC 3806

BRIGHTON Suite 4, Ground Level, 214 Bay St, Brighton, VIC 3186

FRANKSTON Nepean Specialist Suites, Peninsula Private Hospital, 525 McClelland Dr, Frankston 3199

GEELONG WEST 1/184 Pakington St, Corner Pakington & Weller Street, Geelong West 3218

RINGWOOD EAST 9 Ware Crescent, Ringwood East, VIC 3135

WHEELERS HILL 202 Jells Rd, Wheelers Hill 3150

Queensland

BRISBANE Priceline Pharmacy Queen Street, 120 Queen Street, Brisbane, QLD 4000

COOMERA Priceline Pharmacy, Shop 1107 Westfield Coomera, 109 Foxwell Road, Coomera, QLD 4209

INDOOROOPILLY Cincotta Discount Chemist, MM6 Level 1, 322 Moggill Road, Indooroopilly Shopping Centre, Indooroopilly, QLD 4068

MORANBAH Priceline Pharmacy, Shop 9, Moranbah Fair Shopping Centre, 1 Bay St, Moranbah, QLD 4744

SOUTH ROCKHAMPTON Advantage Pharmacy Shop 5, 111 George St., Rockhampton, QLD 4700

Tasmania

BRIDGEWATER Priceline Pharmacy Bridgewater, Green Point Plaza 5, 24-28 Green Point Rd, Bridgewater, TAS 7030

GLENORCHY Priceline Pharmacy, 346 Main Rd, Glenorchy, TAS 7010 Pharmacy, 346 Main Rd, Glenorchy, TAS 7010