Peninsula Health
Sleep Laboratory & Clinic
A/Prof David Langton
Department of Thoracic Medicine

REFERRAL IN-LAB SLEEP STUDY (Generic)

Phone (03) 9788 1705
Fax: (03) 9125 8487

UR NUMBER .....

SURNAME .....

GIVEN NAMES .....

POSTAL ADDRESS .....

PHONE NUMBER .....

DATE OF BIRTH .....
Please fill in if no Patient Label available

App.10/10/2023 Print Code:16172

PHF3512236k

Referrer Details

Name of Referring Dr (print): ..... Date of Referral: ...../...../.....

Signature: ..... Phone No: .....

Provider Number (mandatory) .....

Referrals without a valid Medicare provider number from the referring doctor cannot be processed

Copies to: .....

OVERNIGHT ADMISSION

Type of overnight study:

- ☐ Diagnostic Study
- ☐ CPAP Review (with own pump)

Probable Diagnosis

- ☐ Obstructive Sleep Apnoea
- ☐ Central Sleep Apnoea
- ☐ Nocturnal Hypoventilation
- ☐ PLM / Restless Legs
- ☐ Narcolepsy
- ☐ Parasomnia/Insomnia
- ☐ Other

Sleep Physician review suggested before test

Epworth Sleepiness Scale (ESS) (must be completed by the referring doctor) = ... / 24

STOP BANG Questionnaire (must be completed by the referring doctor)

1.	**S**noring	Do you snore loudly (louder than talking or loud enough to be heard through closed doors)?	Yes	No
2.	**T**ired	Do you often feel tired, fatigued, or sleepy during daytime?	Yes	No
3.	**O**bserved	Has anyone observed you stop breathing during your sleep?	Yes	No
4.	Blood **p**ressure	Do you have or are you being treated for high blood pressure?	Yes	No
5.	**B**MI	BMI more than 35 kg/m^2?	Yes	No
6.	**A**ge	Age over 50 yr old?	Yes	No
7.	**N**eck circumference	Neck circumference greater than 40 cm?	Yes	No
8.	**G**ender	Gender male?	Yes	No

Follow up in CPAP Clinic (During the day)

Type of appointment:

- ☐ Set up .....

  CPAP pressure ..... cmH_20 or as per CPAP study

- ☐ Review

Referral to Sleep Apnoea Clinic: Yes No

Attn: A/Prof David Langton
Department of Thoracic Medicine

ALL REFERRALS MUST BE FAXED TO (03) 9125 8487

REFERRAL IN-LAB SLEEP STUDY (Generic) MR/351236

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REFERRAL IN-LAB
SLEEP STUDY (Generic) cont.
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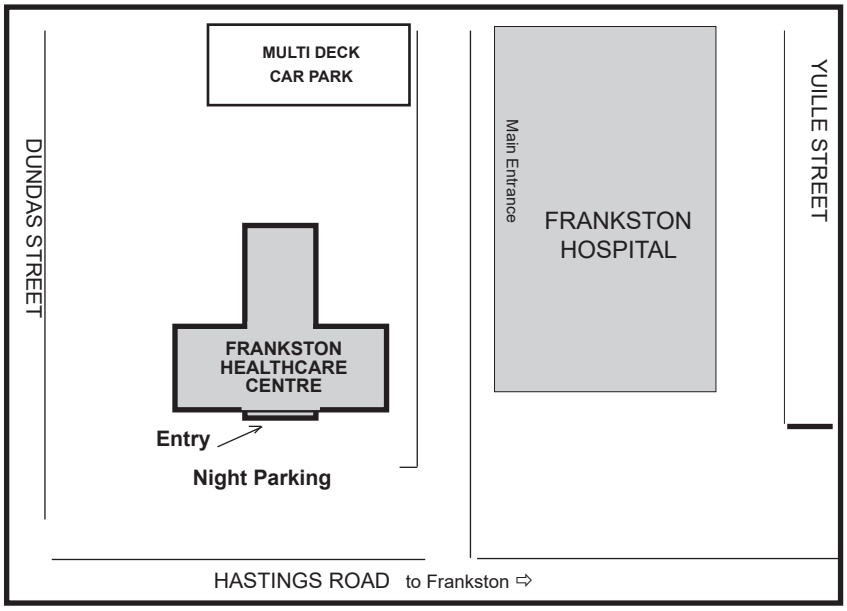
Where do I go?

The Sleep Unit is at the **Frankston Integrated Health Building**, on Hastings Road to the left of Frankston Hospital. The Sleep Laboratory is best accessed through the building's main **(front) entry**. To gain entry through the door after hours, you will need to use the intercom system (which is next to the key pad – on the right hand side of the main door) and speak to the scientist, who will come down to let you in. The laboratory is up on the first floor.

Where can I park?

There is a multistory carpark behind the Integrated Health Building or for overnight admissions car parks may be used at the front of the Integrated Health Building



For your test, please:

- bring all your medication
- bring your Medicare Card
- bring pyjamas and any toiletries you may require
- wash body / hair
- shave under chin (if you have a beard)

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