

Name: ..... Birth Date: .....

Address: ..... **STICKER SIZE** .....

Mobile: ..... Home: .....

REQUEST ✓

**Sleep Study and Management**

- Including sleep report
- Sleep Physician consultation if clinically indicated
- OSA treatment including correspondence

- Attended Sleep Study Only**
- Home Based Sleep Study Only**
- Consultation**
- Insomnia Management**
- CPAP Treatment Trial**
  - Including treatment, +/- CPAP study and specialist review where required
- CPAP Support**

**Indicators for possible OSA:**

- Overweight
- Snoring
- Witnessed Apnoea
- 50 years +
- Hypertension

**Home study -Best suited when:**

- BMI <40
- No severe respiratory disease
- No severe cardiac disease

Clinical History: .....

**URGENT**

Referring Physician: ..... Provider No.: .....

Date: ..... Phone: ..... Fax: .....

Address: .....

Signature: ..... Email: .....

Please send copies to: .....

Patients will be contacted by Sleep Studies Australia with appointment details

# OBSTRUCTIVE SLEEP APNOEA

## What are the SIGNS and SYMPTOMS?

- Snoring
- Witnessed apnoeas
- Hypertension
- Excessive daytime sleepiness
- Unrefreshing sleep
- Recurrent awakenings during sleep
- Choking or gasping during sleep
- Nocturia
- Impaired concentration or memory
- Morning headaches +/- dry mouth
- Impotence or loss of libido
- Poor mood/depression

## What are the RISK FACTORS?

- Obesity
- Hypertension
- Cardiac disease
- Nasal blockage or congestion
- Sedatives, strong pain killers
- Smoking and alcohol use
- Genetics/family history
- Age – due to loss of muscle mass
- Being male (although OSA is probably under-diagnosed in women) – this is because male hormones can cause structural changes in the upper airway.

## LOCATIONS

**HEAD OFFICE**  
Suites 8-11,  
**Palmyra Professional Centre**  
279 Canning Highway  
Palmyra WA 6157  
PO Box 115 Palmyra WA 6957  
**All enquiries: 1300 65 1234**

**WEMBLEY**  
Suite 1  
178 Cambridge Street  
Wembley WA 6014  
**All enquiries 1300 65 1234**

**GERALDTON**  
Community Health Centre  
Shenton Street  
Geraldton WA 6531  
**All enquiries 1300 65 1234**

**MANDURAH**  
Unit 6A, 106 Mandurah Terrace  
Mandurah WA 6210  
**All enquiries 1300 65 1234**

**KALGOORLIE**  
41 Brookman Street  
(in RSM Bird Cameron)  
Kalgoorlie WA 6430  
**All enquiries 1300 65 1234**

**ARMADALE**  
Suite 10 Galliers Specialist Centre  
3056 Albany Hwy, Armadale WA 6112  
**All enquiries 1300 65 1234**

All correspondence to:

PO Box 115, PALMYRA WA 6957

Phone: 1300 651 234 Fax: 9329 9525 Email: reception@sleepstudies.com.au

[www.sleepstudies.com.au](http://www.sleepstudies.com.au)