Referral Form

Please send your referral to us via fax or email.
Call: 08 8166 0811 Fax: 08 8121 6188 Email: study@clmsleep.com Healthlink EDI: clmsleep
We will contact your patient to book an appointment at their nearest location.

CLM STUDY Diagnostic Laboratories

Patient Details

First Name	Last Name	Gender ☐ M ☐ F	D.O.B.	
Address		Driver's Licence Type ☐ Light ☐ Heavy		
Email	Tel (Mobile)	Height - cm	Weight - kg	BMI
Medicare No.	DVA No.	DVA card type ☐ Gold ☐ Orange ☐ White		

Sleep Study Services (Please complete ESS + STOP-BANG or OSA 50 with your patient)

If the patient does not score the minimum for Medicare subsidy, we will arrange for a Sleep Physician consultation to determine test necessity and Medicare eligibility.

☐	Level 1 In-Lab Sleep Study	Follow up action after Sleep Study:	
☐	Level 2 Home Sleep Study	☐	Patient to discuss results with referring doctor before deciding next step
☐	Level 3 Limited Channel Sleep Study	☐	Review results and management by a CLM Sleep Physician
☐	Level 4 Limited Channel Sleep Study	☐	If positive, patient to trial recommended therapy and send you updates
For definitions of the 4 levels of sleep studies, see back page.			Special Instructions:

Epworth Sleepiness Scale (ESS)

How likely are you to doze off in these situations?	Never	Slight	Moderate	High	
Sitting and reading	☐ 0	☐ 1	☐ 2	☐ 3	**TOTAL SCORE**
Watching television	☐ 0	☐ 1	☐ 2	☐ 3	
Sitting inactive in a public place (e.g. a theatre or meeting)	☐ 0	☐ 1	☐ 2	☐ 3	
As a passenger in a car for an hour without a break	☐ 0	☐ 1	☐ 2	☐ 3	
Lying down to rest in the afternoon when circumstances permit	☐ 0	☐ 1	☐ 2	☐ 3	
Sitting and talking to someone	☐ 0	☐ 1	☐ 2	☐ 3	
Sitting quietly after a lunch without alcohol	☐ 0	☐ 1	☐ 2	☐ 3	Patient must score ≥ 8 for Medicare subsidy
In a car, while stopped for a few minutes in the traffic	☐ 0	☐ 1	☐ 2	☐ 3	

STOP-BANG questionnaire

	Yes	No
Do you snore loudly?	☐ 1	☐ 0
Do you often feel tired, fatigued, or sleepy during the daytime?	☐ 1	☐ 0
Has anyone observed you stop breathing during your sleep?	☐ 1	☐ 0
Do you have or are you being treated for high blood pressure?	☐ 1	☐ 0
Are you obese/very overweight – BMI more than 35 kg/m^2?	☐ 1	☐ 0
Age over 50 years old?	☐ 1	☐ 0
Neck circumference greater than: 43 cm (male) or 41cm (female)	☐ 1	☐ 0
Are you male?	☐ 1	☐ 0
TOTAL SCORE Patient must score ≥ 3 for Medicare subsidy		

OR

OSA 50 screening questionnaire

	Yes
Waist circumference: Male > 120 cm | 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
TOTAL SCORE Patient must score ≥ 5 for Medicare subsidy	

Referring Doctor

☐ GP ☐ Dentist ☐ Physician Specialty:

Name

Provider No.	Tel
Address	
Signature	Date

Sleep Physician

Name

Provider No.	Tel
Address	
Signature	Date

How would you like to receive the report?

☐ Email address: ☐ Fax no.: ☐ Hard copy

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CLM STUDY Diagnostic Laboratories

WHY CHOOSE CLM SLEEP CO.
Local Sleep Scientists
Local Respiratory & Sleep Physicians
Same-day Home Sleep Studies
In-Lab and Home Sleep Studies in various accommodation settings
Various Sleep Study set-up methods to suit everyone
Delivery and pick-up available for convenience

Sleep Study Types

Level 1	Polysomnography (PSG) is considered the reference standard against which other monitors are evaluated. Recordings are made in a sleep laboratory with trained sleep laboratory staff in attendance. 12-13 recording channels are routinely recorded; 2 EEG, 2 EOGs, submental EMG, ECG, bilateral leg movements, arterial O2 saturation, respiratory thoraco-abdominal movements and airflow (nasal pressure and oronasal thermocouples).
Level 2	Minimum of seven channels, including EEG, electrooculogram (EOG), chin, EMG, electrocardiogram (ECG) or heart rate, airflow, respiratory effort, oxygen saturation. This type of monitor allows for sleep staging and therefore calculation of an AHI. It is configured in a fashion that allows studies to be performed in the home.
Level 3	Minimum of four channels monitored, including ventilation or airflow (at least two channels of respiratory movement, or respiratory movement and airflow), heart rate or ECG and oxygen saturation.
Level 4	Monitors of this type measure a single parameter or two parameters – for example oxygen saturation or airflow.

Sleep Study Set-up Methods to Suit Everyone

Remote Set-up	With the remote set-up, patients will pick up their sleep study kit from our clinic with a manual and an accompanying video to help them conduct their own set-up at home. To guarantee the accuracy and success of the set-up, we will provide after-hours support with our specialised technician who will be able to check through their set-up and sign them off for peace of mind. Door-to-door delivery can be arranged for the patient's convenience. We can even arrange pick-up of the kit. Fees apply.
In-Clinic Set-up	For those who may not be suitable for remote set-ups, e.g. those with mobility issues, technology restrictions, etc. we do offer in-clinic set-ups. On the day of the set-up at the appointed time, the patient can come into our clinic for our trained technician to set up the sleep study kit on them. They will then go home and sleep overnight with the kit on. Fees apply.
In-Home Set-up	We offer home visitations after hours where our trained technicians will visit the patient's home in the evening to set them up with the sleep study kit. Once complete, the technician will leave the patient to go about their normal routine before retiring to bed when sleepy. Patients who are hospitalised and require a sleep study can also utilise this service. Our trained technicians will visit the hospital ward to conduct the set-up. Fees apply.
In-Lab Set-up	We conduct our In-Lab based Sleep Studies at our affiliated overnight sleep facilities and can investigate Sleep Apnoea and other Sleep Disorders that may be present and require treatment.

For a full listing of our sleep and wellness services and our locations, please visit us at www.clmsleep.com