

Sleep Referral

If you would like to book a consultation for your patient with one of our specialists or book them for a diagnostic sleep study, please fax (02) 9805 3199 or email your completed form to sleep@woolcock.org.au. Our staff will contact your patient with the next available appointment.

Please note that the Woolcock Clinic is a fee-charging private clinic.

REQUEST

Urgent

Routine

In laboratory diagnostic sleep study with sleep specialist consultation

Home-based (portable) sleep study - adult only (please see reverse)

Physician review

Sleep specialist

Ear, Nose & Throat specialist

Neurologist

Endocrinologist - adult only

Psychologist

Psychiatrist

CPAP therapist consultation (CPAP trial/mask fitting/troubleshooting)

Mandibular advancement splint consultation with dentist

PATIENT DETAILS

Adult

Paediatric

Name:

Date of Birth:

Phone No:

Email Address:

CLINICAL NOTES:

ADULT

Snoring

Heart Disease

BMI > 30kgm²

Diabetes

Hypertension

Depression

Unrefreshing sleep

Choking Arousals

Sleep walking/talking

Witnessed apneas

Daytime sleepiness

Daytime sleepiness

Restless Legs

PAEDIATRIC

Snoring

ADHD

Daytime sleepiness

Trisomy 21

Hyperactivity

Tonsillitis/recurrent sore throat

Poor concentration

Hayfever/sinusitis/allergies

Learning difficulties

Asthma/respiratory condition

Type 1 Diabetes

Epilepsy/seizures

Autism

Neuromuscular disorder

Date:

Provider No:

GP

Specialist

Referring Doctor:

Signature:

Practice Name:

Phone No:

Fax No:

Email Address:

Address:

The Woolcock Clinic
2 Innovation Road
Macquarie Park NSW 2113
www.woolcock.org.au

T 02 9805 3000
E sleep@woolcock.org.au
F 02 9805 3199
(Consultation or Sleep Study)

Non-sleep physicians can request home-based sleep studies provided the following criteria are met:

1. EPWORTH SLEEPINESS SCALE - PATIENT MUST SCORE 8 OR ABOVE

Situation	Change of Dozing/Sleeping			
	Never	Slight	Moderate	High
Sitting and reading	0	1	2	3
Watching TV	0	1	2	3
Sitting inactive in a public place (e.g. a theatre or a 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
In a car, as the driver, while stopped for a few minutes in traffic	0	1	2	3
Total out of 24				

2. STOP BANG QUESTIONNAIRE - PATIENT MUST SCORE 3 OR ABOVE

	No	Yes
Do you snore?	0	1
Do you feel tired, fatigued or sleepy during the day?	0	1
Has anyone observed you stop breathing during your sleep?	0	1
Do you have or are you being treated for high blood pressure?	0	1
Is your BMI greater than 35?	0	1
Are you aged 50 or older?	0	1
Is your neck circumference greater than 40cm?	0	1
Is your gender male?	0	1
Total out of 8		

If you do not meet the above criteria, you will require a specialist consultation before you can have your home-based sleep study.

Visit our website (woolcock.org.au/referral) to download our other referral forms and to learn more about our services and specialists.

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