

Epworth Sleepiness Scale (ESS) - Circle all that apply (Score out of 24 and the referral requires 8+)

In the following situations, how likely is the patient to doze off or fall asleep, in contrast to just feeling tired?
Use the numeric scale below to determine the likelihood of dozing off in each of the situations below.

0 = No Chance 1 = Slight Chance 2 Moderate Chance 3 High Chance

Situations	Numeric Scale			
Sitting and Reading	0	1	2	3
Watching TV	0	1	2	3
Sitting inactive in a public place	0	1	2	3
As a passenger in a car for an hour with no break	0	1	2	3
Lying down in the afternoon	0	1	2	3
Sitting and talking to someone	0	1	2	3
Sitting quietly after lunch (without alcohol)	0	1	2	3
Stopping in traffic for a few minutes while driving a car	0	1	2	3
Total ESS Score	Out of 24			

Patient Statistics for Sleep Study

Height:cm

Neck Circumference:.....cm

Weight:kg

Normal Bedtime:.....

Referral Reason

- | | | |
|--|---|--|
| <input type="checkbox"/> Witnessed apnoea or choking | <input type="checkbox"/> Hypertension | <input type="checkbox"/> Depression |
| <input type="checkbox"/> Regular loud snoring | <input type="checkbox"/> Cardiac Disease/Arrhythmia | <input type="checkbox"/> Insomnia |
| <input type="checkbox"/> Regular Fatigue or Daytime Sleepiness | <input type="checkbox"/> Stroke | <input type="checkbox"/> Sleepy driving |
| <input type="checkbox"/> Obesity Height:.....cm Weight:.....kg | <input type="checkbox"/> Type II Diabetes | <input type="checkbox"/> Neurological Issues |
| <input type="checkbox"/> Frequent nocturia | <input type="checkbox"/> Other | |

Patients with one or more of the following conditions are unsuitable for a home sleep study: Neuropsychological, severe intellectual or physical disability conditions or where video confirmation is essential for diagnosis (parasomnias /RLS). Sleep apnea is serious and if untreated, you may be at a higher risk of a stroke, heart attack or a serious workplace accident. Having a detailed sleep study is the first step toward getting your liveliness back and living the life you deserve. We provide an accurate and comprehensive take home sleep study allowing you to be in the comfort of your own bedroom environment. Your sleep study will be facilitated by qualified staff, scored by a sleep scientist and reported on by a sleep specialist. By dealing with us, you can expect quick results and expert advice on treatment options moving forward.

To book your sleep study with one of our clinicians.



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