



Tel: 1300-867-533 Fax: 1300-867-532  
 Website: www.sleepservices.com.au  
 Suite 2/787 Dandenong Rd, Malvern East VIC 3145  
 Sleep Physician:  
 Dr Linda Schachter M.B.B.S., F.R.A.C.P.



**PHILLIP:**  
 61 Dundas Court  
 Tel: (02) 6162 1802 or Fax: (02) 6162 1812  
 Email: tech@sleepandlifestyle.com.au  
**BRUCE:**  
 Faculty of Health Clinics, Room 40,  
 Level B, Building 12, Monana St,  
 University of Canberra  
 Tel: (02) 6201 5843 or Fax (02) 6201 5666  
 Email: support@sleepandlifestyle.com.au  
 Website: www.sleepandlifestyle.com.au

**TYPE OF SERVICE**

- Sleep Study and Treatment
- Sleep Study only
- Treatment

**REFERRAL FORM - HOME SLEEP STUDY / TREATMENT**

**TO MAKE AN APPOINTMENT**

For more information or to book an appointment contact us by phone, email or fax.

**PATIENT DETAILS**

Name .....  
 D.O.B .....  
 Address.....  
 .....  
 Email .....  
 Postcode .....  
 Tel (H) .....  
 Tel (W) .....  
 Mob .....  
 Medicare No .....  
 SEX  Male  Female  
 Ht ..... Wt ..... BP .....  
 Neck size (cm) .....

**REFERRING DOCTOR**

Name .....  
 Tel .....  
 Fax/Email.....  
 Address.....  
 .....  
 Signature.....  
 Date ..... / ..... / .....  
 Provider No .....  
 Follow up date .....  
 Copy to (Dr) .....

Please ensure you complete this section and tick the type of service you require

**CLINICAL DETAILS**

**General pHx**  
 Heart Disease  Diabetes  
 Hypertension  Asthma  
 Obesity  
 Other: .....

**Sleep pHx**  
 Snoring  Witness apnoeas  
 Insomnia  Choking or gasping  
 Daytime tiredness or sleepiness  
 ESS score: /24  
 Other: .....



**REFERRAL FORM - HOME SLEEP STUDY / TREATMENT**

**CONSENT**

I ..... give consent for Sleep Services Australia to release my sleep study results to .....

Signature ..... Date ..... / ..... / .....

**HOME SLEEP STUDY**

You will visit the clinic during the day of your home sleep study night, for instructions and collection of the sleep monitoring device. This appointment will take approximately one hour. You will wear the device overnight which will monitor your breathing, brain activity, heart rate and body movement using several simple sensors applied to your skin. You will need to return the monitoring device to the office from which you collected it, before 9:30 a.m.

Bookings for Home Sleep Studies: University of Canberra, BRUCE (02) 6201 5843  
 Sleep & Lifestyle Clinic, PHILLIP (02) 6162 1802  
 Australia Wide: 1300-867-533  
 In-Lab Studies: Dr. Peter Jones, YARRALUMLA (02) 6260 3663

**CPAP TREATMENT**

Your consultations will be with an experienced respiratory physiotherapist or scientist. The initial appointment for education and mask fitting will be for approximately one hour. An appropriate mask will be chosen for comfort and fit. You will practice with the mask and learn how to use the CPAP device at home. We will let you know how to contact us should you have any problems or queries.

Bookings for Treatment: University of Canberra, BRUCE (02) 6201 5843  
 Sleep & Lifestyle Clinic, PHILLIP (02) 6162 1802  
 Australia Wide: 1300-867-533