

Patient: Mr John Adams
DOB : 05/09/1950 Age: 63 yrs Sex : Male
104 Malcolm St, Mansfield 3722
Phone : 5775 2728
Medicare # : 3179974771

Mon 24th

Sleep Right Australia
ABN 35 103 170 729

Technician - **Mr Andrew Nunn**
Ph. **1800 799 950**
Fax 1300 662 883

Service Requested:

Sleep Study

Height:
179.5 cm

Weight:
81.3 kg

BMI:
25.2

Epworth Sleepiness Score
14 / 24

Symptoms:

Snoring ☒
Choking ☒
Tiredness: **Always**

Witnessed Apnoeas ☒
Gasping ☐
Sleepy when Driving ☐

Waking Unrefreshed ☐
Waking with Headache ☐
Depression ☐

Cardiavascular Risk Factors:

Hypertension

Other Clinical Information:

Active Medical Issues:

07/05/1999 Hypertension

2002 Surveillance Colonoscopy

22/12/2003 Seborrhoeic dermatitis
22/07/2004 Gastro-oesophageal Reflux
29/08/2006 Hypercholesterolaemia
14/04/2009 Haematuria

Echocardiogram 16/12/2011: norla LV sz, fct, orderline
wall thickness. Normal valves
Fa with ? Ca Bowel
Sister has carcinoma bowel

Statins had side effects

Medications:

Aspirin 100mg Tablet
Atenolol 50mg Tablet
Esomeprazole 20mg Tablet
Hydrocortisone 1% Ointment
Irbesartan 300mg Tablet
Rosuvastatin 40mg Tablet
Ural 4g Sachet

1 In the morning
1 In the morning
1 In the morning
Apply twice daily a week, then daily for a week
1 In the evening
1 In the morning
1 In the morning

Signature:

Date of Referral: 14/03/2014

Referring Doctor:

Dr Graham Slaney
49 Highett St, Mansfield 3722
Phone: (03) 5775 2166

Copy of Report to:

Provider No.
002608BL

Referring Doctor wants to review patient
before trial of CPAP ☒

Experts in snoring, sleep and sleep apnoea

p. 1800 799 950 f. 1300 662 883 m. 0421 471 068
49 Highett Street Mansfield, Vic 3722
e. anunn@sleepright.com.au www.sleepright.com.au

Morning Questionnaire

Answer as
best you can

- What time did you go to bed and get up? from 10 PM to 6:30 AM
- How long did you take to fall asleep? 20 mins
- How many times did you wake during the night? If possible, please list when and why:
Time: 1:12 Reason: ?
Time: 2:18 Reason: ?
Time: 4:22 Reason: TO PEE - DIFFICULTY IN RETURNING TO SLEEP
Time: 6:30 Reason: ALARM
- Compared to normal:
 - How was your overall sleep quality?
☐ Much worse ☒ Worse ☐ Normal ☐ Better ☐ Much better
 - How was the time taken to fall asleep?
☐ Much worse ☐ Worse ☒ Normal ☐ Better ☐ Much better
- Reason(s) why you are taking part in this sleep study?
☒ Snoring issues ☒ Unrefreshing sleep ☒ Doctor/Specialist recommendation

Other

7. Please list (time taken and name only) prescribed medications, drugs, alcohol, caffeine or nicotine taken in the past 24hrs:

ANAPRO, NEXIUM, TENSIQ, IRBESARTIN, ASPIRIN. - AM - 7-30
WINE WITH DINNER. 7-30 PM

Epworth sleepiness score

Situation	Chance of Dozing
Sitting and reading	<u>2</u>
Watching TV	<u>2</u>
Sitting inactive in a public place (e.g. a theatre or a meeting)	<u>1</u>
As a passenger in a car for an hour without a break	<u>2</u>
Lying down to rest in the afternoon when circumstances permit	<u>3</u>
Sitting and talking to someone	<u>1</u>
Sitting quietly after a lunch without alcohol	<u>3</u>
In a car, while stopped for a few minutes in traffic	<u>0</u>

Score each situation
0 - 3 and total your
score out of 24.

0 = no chance
1 = slight chance
2 = moderate chance
3 = high chance

14 / 24

Height: 5'11" Weight: 82 KGS

Patient Information

Patient Name: JOHN THOMAS Date in morning: 26.10.2014
Home Phone: Mobile: 0408 200 251
Email: jada95028@legend.net.au Medicare Number: 3179974771

Mansfield Wangaratta Cobram Shepparton Benalla Alexandra