

PRIVATE REFERRAL FOR ADULT SLEEP CONSULTATION

Name	DOB	NHI
Address	Contact phone numbers	GP details

SLEEP SYMPTOMS (Tick those that apply)

<input type="checkbox"/> Poor sleep	<input type="checkbox"/> Restlessness	<input type="checkbox"/> Stopping breathing in sleep
<input type="checkbox"/> Unrefreshing sleep	<input type="checkbox"/> Waking at night	<input type="checkbox"/> Poor concentration
<input type="checkbox"/> Snoring	<input type="checkbox"/> Daytime sleepiness	<input type="checkbox"/> Difficulty falling asleep
<input type="checkbox"/> Morning headache	<input type="checkbox"/> Other	
<input type="checkbox"/> Upper airway abnormality		

REFERRAL QUESTION

URGENCY Urgent Semi-urgent Routine

DEMOGRAPHICS

Height: cm Weight: Kg BP: mmHg
 Shift-worker Commercial Driver Total sleep time in 24 hours: hours

MEDICATIONS

MEDICAL CONDITIONS Hypertension Diabetes CVD Other(Specify)

EPWORTH SLEEPINESS SCORE (To be completed by patient)

How likely are you to doze off or fall asleep in the following situations? Circle one box on each line	Not at all	Slight Chance	Moderate Chance	High Chance
Sitting and reading	0	1	2	3
Watching TV	0	1	2	3
Sitting inactive in a public place (eg theatre/meeting)	0	1	2	3
As a passenger in car for an hour without a break	0	1	2	3
Lying down in the afternoon when circumstances permit	0	1	2	3
Sitting and talking to someone	0	1	2	3
Sitting quietly after lunch without alcohol	0	1	2	3
In a car while stopped for a few minutes in traffic	0	1	2	3

OTHER

Signed by Doctor:

Date:

REFERRAL CAN BE MADE TO ONE OF THE FOLLOWING SLEEP SPECIALISTS ASSOCIATED WITH WELLSLEEP (ASA accredited Sleep Laboratory and a Southern Cross Affiliated Provider)

<p style="text-align: center;">Assoc Prof Alister Neill Respiratory and Sleep Physician Bowen Specialist Centre Fax: (04) 479 8563 Email: spec.centre@bowen.co.nz</p>	<p style="text-align: center;">Dr Andrew Davies Respiratory and Sleep Physician Bowen Specialist Centre Fax: (04) 479 8563 Email: spec.centre@bowen.co.nz</p>	<p style="text-align: center;">Dr Justin Travers Respiratory Physician Wakefield Heart Centre Fax: (04) 381 8116 Email: heart@whc.co.nz</p>
<p>Dr Nicola Smith Respiratory Physician Bowen Specialist Centre Fax: (04) 479 8563 Email: spec.centre@bowen.co.nz</p>		