



RSDC
Respiratory Sleep Disorder Centre

RSDC Locations

- RSDC Balwyn North 345 Doncaster Road, Balwyn North Vic 3104
- RSDC Ferntree Gully 719 Burwood Hwy, Ferntree Gully Vic 3156
- RSDC Wantirna Suite 2a, Knox Private Hospital, 262 Mountain Hwy, Wantirna Vic 3152
- RSDC Richmond Ground Floor, 2A Bridge Road Richmond Vic 3121
- RSDC Camberwell Suite 2, Epworth Camberwell - 888 Toorak Rd, Camberwell Vic 3124

Phone: 1300 7732 10

Email: admin@RSDC.au

Fax: 03 8677 9944

Website: www.RSDC.au

Home-Based Sleep Study Referral Form

Patient details or label:

Name:

DOB:

Phone:

Symptoms:

- ☐ Snoring
- ☐ Witnessed Apnoea
- ☐ Excessive Daytime Sleepiness
- ☐ Waking Unrefreshed
- ☐ Nocturia
- ☐ Morning headache
- ☐ High STOP-BANG

Other Medical Conditions:

- ☐ Neurologic / Stroke / TIA
- ☐ Cardiac Failure / AF / AMI
- ☐ Diabetes Mellitus
- ☐ Hypertension
- ☐ Obesity
- ☐ COPD
- ☐ Psychiatric Disorder
- ☐ Preoperative Assessment
- ☐ Other

Referring doctor:

Date:

Provider No:

Signature:

CC:

STOP-BANG Questionnaire

☐ Yes ☐ No

Snoring?

Do you Snore Loudly (loud enough to be heard through closed doors or your bed-partner elbows you for snoring at night)?

☐ Yes ☐ No

Tired?

Do you often feel Tired, Fatigued, or Sleepy during the daytime (such as falling asleep during driving or talking to someone)?

☐ Yes ☐ No

Observed?

Has anyone Observed you Stop Breathing or Choking/Gasping during your sleep?

☐ Yes ☐ No

Pressure?

Do you have or are being treated for High Blood Pressure?

☐ Yes ☐ No

Body?

Body Mass Index more than 35 kg/m²?

☐ Yes ☐ No

Age?

Age older than 50 year old?

☐ Yes ☐ No

Neck?

Neck size large? (Measured around Adams apple) For male, is your shirt collar 17 inches/43 cm or larger? For female, is your shirt collar 16 inches/41 cm or larger?

☐ Yes ☐ No

Gender?

Male?

Scoring Criteria:

For general population:

Low risk of OSA: Yes to 0-2 questions

Medium risk of OSA: Yes to 3-4 questions

High risk of OSA: Yes to 5-8 questions

