

To qualify for a Medicare subsidised home sleep study, doctors must now screen patients for symptomatic, moderate to severe obstructive sleep apnea using these screening tools.

**NOTE: Patient must reach qualifying score on both screening tests to be eligible for Medicare subsidised sleep study**

Should your patient not meet the required scores but you strongly suspect OSA, please tick the NO box.

## SCREENING QUESTIONS

### ESS Questionnaire

For a Medicare subsidised sleep study a patient must score 8 or more on the following.

Total score :

How likely are you to doze off in the following situations?

Sitting and reading	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
Watching television	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
Sitting inactive, in a public space	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
Lying down to rest in the afternoon when circumstances permit	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
Sitting and talking to someone	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
Sitting quietly after a lunch without alcohol	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
As a passenger in a car for an hour without a break	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3
In a car, while stopped for a few minutes in traffic	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3

Use the following scale to choose the most appropriate answer:

- 0 - No chance
- 1 - Slight chance
- 2 - Moderate chance
- 3 - High chance

### STOP BANG Questionnaire

For a Medicare subsidised sleep study a patient must score 4 or more. Each question is worth 1 point.

Total 'Yes' answers :

Do you <b>S</b> nore loudly (loud enough to be heard through closed doors or your bed-partner elbows you for snoring at night)?	<input type="radio"/> Yes	<input type="radio"/> No
Do you often feel <b>T</b> ired, fatigued, or sleepy during the day (such as falling asleep during driving or talking to someone)?	<input type="radio"/> Yes	<input type="radio"/> No
Has anyone <b>O</b> bserved you stop breathing or choking/gasping during your sleep?	<input type="radio"/> Yes	<input type="radio"/> No
Do you have or are you being treated for high blood <b>P</b> ressure?	<input type="radio"/> Yes	<input type="radio"/> No
Is your <b>B</b> ody mass index more than 35 kg/m <sup>2</sup> ?	<input type="radio"/> Yes	<input type="radio"/> No
Are you <b>A</b> ged older than 50?	<input type="radio"/> Yes	<input type="radio"/> No
Is your <b>N</b> eck size large: For male, is your shirt collar 17 inches / 43cm or larger? For female, is your shirt collar 16 inches / 41cm or larger? (Measured around adams apple)	<input type="radio"/> Yes	<input type="radio"/> No
Is your <b>G</b> ender male?	<input type="radio"/> Yes	<input type="radio"/> No

### ELIGIBILITY FOR MEDICARE SUBSIDISED STUDY

- Yes** - Patient has qualified. Please fax referral for approval by a supervising sleep physician and home sleep study.
- No** - Patient is NOT eligible. Private fee may apply for further sleep study options.