



First floor, Milford Chambers, 249 Papanui Road, Christchurch 8014  
Ph (03) 356 0086, Fax (03) 356 0087  
email [cansleep@xtra.co.nz](mailto:cansleep@xtra.co.nz)



## Sleep Assessment Referral Form

Sleep apnoea and other sleep disorders testing and treatment  
Christchurch, New Zealand

Please fax your patient's referral to **(03) 356 0087**



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<b>PATIENT DETAILS</b>	Referring Practitioner Stamp / Name
Name: _____	
Address: _____ _____	
D.o.B: _____	
Phone: _____	Phone: _____
NHI No: _____	Fax No: _____

Service required (see over for details of services provided)

- Specialist Physician Consultation +/- Sleep Study if indicated
- Level IV Sleep Study (oximetry and pulse rate)
- Compass Level IVa Sleep Study (oximetry, nasal flow, snoring, airflow limitation)
- Embletta Level III Sleep Study (oximetry, pulse, nasal flow, body position and thoraco-abdominal band data, snoring, actigraphy and ECG, PLM)
- CPAP trial

Please provide clinical information or attach referral letter
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Signature: \_\_\_\_\_ Date: \_\_\_\_\_



**Details of services provided (Please contact us on 03 356 0086 for more information):**

**Specialist Physician Consultation**

A full sleep consultation with a Specialist Sleep Physician, including Sleep Study if clinically indicated.

**Level IV Sleep Study (oximetry and pulse rate)**

This test screens for the diagnosis of OSA in those with high index of suspicion. It cannot exclude less severe disease, and underestimates OSA incidence and severity by approximately 30%. Unable to distinguish between central and obstructive sleep apnoea.

**Compass Level IVa Sleep Study (oximetry, nasal flow, snoring, airflow limitation)**

More sensitive for the diagnosis of OSA. Cannot discriminate between central and obstructive apnoea. Provides other information such as snoring, flow limitation. Cannot assess limb movements or ECG.

**Embletta Level III Sleep Study (oximetry, pulse, nasal flow, body position and thoraco-abdominal band data, snoring, actigraphy and ECG, PLM)**

The most comprehensive of the home based tests for OSA. Can distinguish between central and obstructive events. Gives extra information about positional influence, flow limitation, limb movements, ECG.

**CPAP Trial**

Clinical trials have shown that initiation of CPAP by specialist sleep scientists, with careful mask fitting improves compliance with CPAP. Pressure requirements will be titrated using an Autoset device, which also measures compliance and monitors effectiveness of CPAP.

**Please contact us on 03 356 0086 to discuss your patient's needs**