

Minimum dataset for referral to sleep service

It is recommended that this minimum dataset is expanded and adapted to local services

Sleep symptoms

Daytime sleepiness –
eg. unable to get through the day without
sleeping, Epworth Sleepiness Scale >10

Snoring

Nocturnal apnoeas, choking, gasping, breathlessness

Unrefreshing prolonged night time sleep

Restless legs +/- nocturnal movements noted by partner

Sleep walking, acting out dreams +/- injury

Insomnia condition –
inability to initiate/maintain sleep

Occupation

Shift work

Licensable or vigilance
critical occupation
e.g. HGV driver

Drug history

Stimulants

Sedatives

Anti-hypertensives

Excess alcohol/caffeine

Scoring systems

Epworth
Sleepiness Score

STOP-BANG

Clinical data

Body Mass Index
and weight

Blood Pressure

Important co-morbidities

Obesity

Hypertension

Chronic obstructive pulmonary disease

Neurological conditions eg. Parkinson's disease

Type 2 diabetes

Atrial fibrillation

You may wish to consider asking the patient to obtain the following

Sleep diary – a local sleep diary could be made available to the referrer via the SAG platform or the sleep service website.

Collateral from bed partner, or advise patient to bring bed partner to sleep clinic appointment

Video recording of behaviour by bed partner or family

