



Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_  
Home Phone: (\_\_\_\_) - \_\_\_\_ - \_\_\_\_\_ Work Phone: (\_\_\_\_) - \_\_\_\_ - \_\_\_\_\_

Referring Physician: \_\_\_\_\_  
Phone: (\_\_\_\_) - \_\_\_\_ - \_\_\_\_\_ Fax: (\_\_\_\_) - \_\_\_\_ - \_\_\_\_\_

**Patient Diagnosis:**

- Excessive daytime fatigue
- Frequent awakenings
- Hypertension
- Nocturnal hypoxemia
- Snoring
- Witnessed apnea
- Other: \_\_\_\_\_

**Service Requested:**

\_\_\_ **Comprehensive Care:** Sleep Medicine Consultation with Dr. Gofreed. Evaluation and treatment for sleep disorders including sleep apnea, insomnia, parasomnias, circadian rhythm disorders, narcolepsy, and restless legs syndrome. Sleep diagnostic testing and CPAP therapy will be arranged when needed.

\_\_\_ **Polysomnogram (PSG):** Attended overnight study recording 3 channels of EEG, 2 channels of eye movement, chin and leg EMG, combined nasal/oral airflow, tracheal microphone, chest and abdominal wall movement, EKG, body position, and SAO2, with video monitoring. This is the standard test indicated for sleep apnea, snoring, restless legs syndrome, and narcolepsy.

\_\_\_ **Split-Night Polysomnogram:** Attended polysomnogram for approximately two hours, followed by CPAP titration if the apnea hypopnea index is at least 20/hour, or if desaturations are below 85%, providing the sleep efficiency is high and at least 4 hours are available for the titration. Split-night testing is indicated when the suspicion for sleep apnea is high.

\_\_\_ **CPAP Titration or \_\_\_ Bilevel Titration \_\_\_ CPAP/Bilevel Set-Up**  
Full night polysomnogram with CPAP or bilevel titration. Indications include documented sleep apnea, sleep-related hypoventilation, or impaired ventilation related to neuromuscular or pulmonary disease. CPAP set-up is available to most patients with commercial insurance who are seen by Dr. Gofreed.

\_\_\_ **Maintenance of Wakefulness Test (MWT):** A daytime study with a series of nap opportunities used to test the ability to maintain wakefulness, indicated in the evaluation of impairment of activities such as driving or flying.

\_\_\_ **Multiple Sleep Latency Test (MSLT):** A daytime study with a series of naps to document daytime hypersomnolence or narcolepsy, usually done immediately following an overnight polysomnogram to rule out other sleep disorders.

**Physician Signature:** \_\_\_\_\_

**PLEASE FAX REFERRAL TO 703-243-3131. THANK YOU.**