

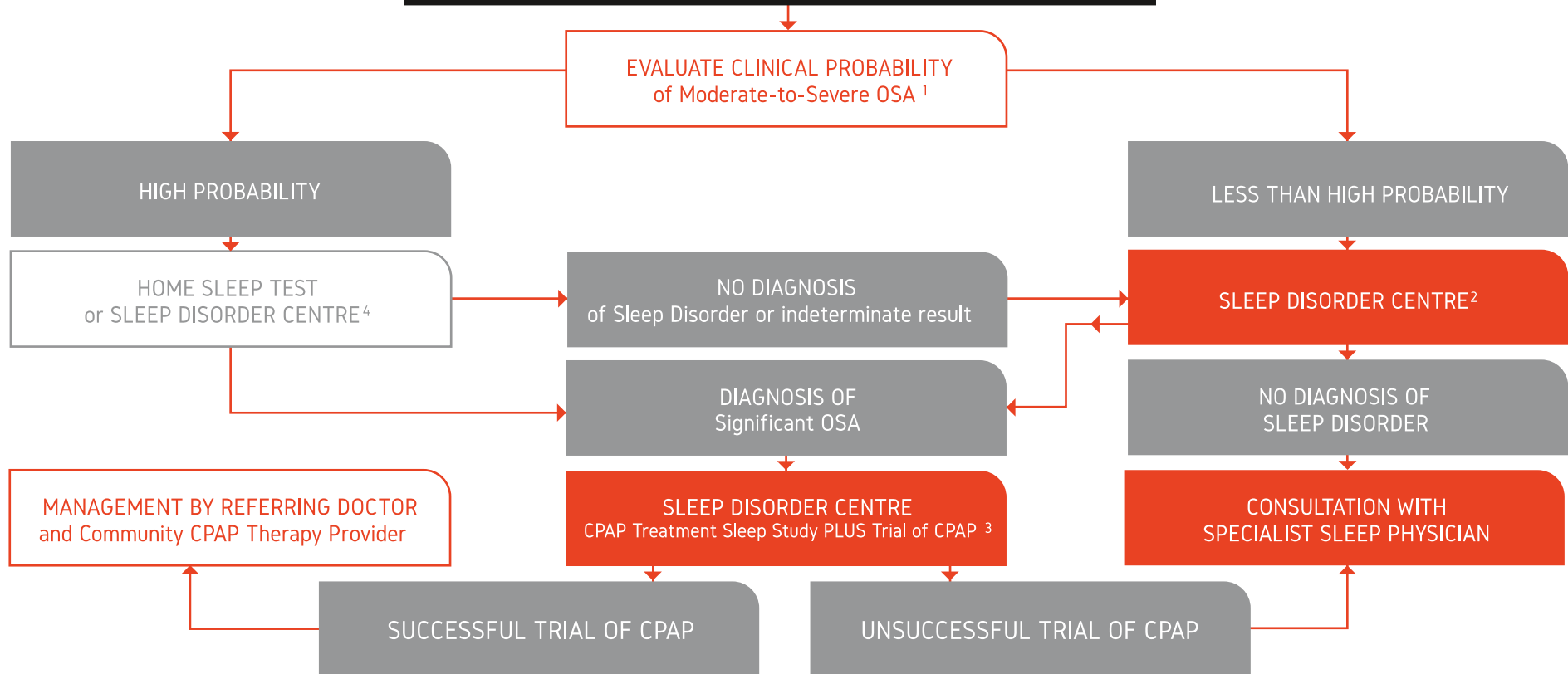


## Patient Pathway

# For the Management of Obstructive Sleep Apnea (OSA)

### Symptoms of a Sleep Disorder

(e.g. Daytime Sleepiness, Snoring, Witnessed Apneas, Waking Unrefreshed, Insomnia, Restless Legs)



1. An appropriate assessment of a patient for having a high probability of moderate-to-severe OSA is a STOP-BANG questionnaire score of 4 or higher PLUS an Epworth Sleepiness Score of 8 or higher. These questionnaires can be found at [sleephealthgroup.com.au](http://sleephealthgroup.com.au)
2. Patient may be triaged for Sleep Physician appointment at this stage.
3. Home APAP Trail may be appropriate at the discretion of the managing Doctor.
4. Type of sleep study at the discretion of Sleep Physician based on clinical evaluation.