COMPREHENSIVE SLEEP CARE CENTER | LMG LOUDOUN MEDICAL GROUP
One Group. Infinite Possibilities

P: 703.729.3420 F: 703.729.3422
www.comprehensivesleepcare.com

Our Providers: Charu Sabharwal, MD • Sean Rotolo, MD • Shahriar Shahzeidi, MD • PatriciaJimenez, MD
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Alexandria - Arlington - Bethesda - Chantilly - Dumfries - Fredericksburg - Germantown - Lansdowne - Manassas - Woodbridge

PATIENT

Last Name: First: DOB:

Address: City: State: Zip:

Primary Phone: Alternate Phone: Email:

Special Assistance Needed? ❑ Yes ❑ No Gender: ❑ M ❑ F

REFERRING PHYSICIAN

Last Name: First: MD PA NP DDS NPI:

Practice Name:

Phone: Fax: Address:

WHY REFERRING - INDICATIONS FOR CONSULTATION/SLEEP STUDY

- ❑ Snoring
- ❑ Hypersomnia
- ❑ Nocturnal Enuresis
- ❑ Waking Feeling Tired
- ❑ Weight Gain
- ❑ Observed Apnea
- ❑ Narcolepsy
- ❑ Hyperactivity/Inattention
- ❑ Excessive Daytime Sleepiness
- ❑ AM Headaches
- ❑ RLS/PLMD
- ❑ Frequent Awakening
- ❑ Daytime Irritability
- ❑ Gasping/Choking During Sleep
- ❑ Bruxism
- ❑ Mouth Breathing
- ❑ Circadian Rhythm D/O
- ❑ Insomnia
- ❑ DOT Physical
- ❑ Bariatric Surgery
- ❑ Other :_____

MEDICAL HISTORY

- ❑ Prior History of OSA
- ❑ HX Stroke
- ❑ GERD
- ❑ Autism
- ❑ Asthma/COPD
- ❑ Hypertension
- ❑ Obesity
- ❑ ADD/ADHD
- ❑ CHF/CAD
- ❑ Seizures
- ❑ Cardiac Arrhythmias
- ❑ Other Airway Surgery
- ❑ Fibromyalgia
- ❑ Impaired Cognition
- ❑ S/P Adenoidectomy/Tonsillectomy
- ❑ Diabetes
- ❑ Chronic Pain
- ❑ Depression/Anxiety

SELECT SERVICE OPTION

- ❑ Sleep Consultation with Sleep Medicine Physician
- ❑ Evaluate & Treat
- ❑ Polysomnogram (PSG) Diagnostic Sleep Study
- ❑ Split-Night Study (Adherence to AASM & Insurance Guidelines)
- ❑ CPAP Titration Study
- ❑ BIPAP Titration Study
- ❑ ASV Titration Study
- ❑ Home Sleep Study, Unattended Diagnostic
- ❑ Home Sleep Study & Treat (If positive for OSA)
- ❑ Oral Appliance Therapy
- ❑ Oral Appliance Follow-up Sleep Study
- ❑ Maintenance of Wakefulness Test
- ❑ Multiple Sleep Latency Test (MSLT)
- ❑ Respicardia Evaluation
- ❑ Auto CPAP Set-up
- ❑ CPAP Set-up
- ❑ BIPAP Set-up
- ❑ ASV Set-up
- ❑ Inspire Therapy Eval
- ❑ Supplies
- ❑ eXcite OSA
- ❑ Insomnia Home Test

PLEASE FAX OR EMAIL THIS COMPLETED FORM, PATIENT DEMOGRAPHICS AND DOCTOR'S NOTES TO (703) 729-3422 or (571) 291-9985 or INFO@COMPREHENSIVESLEEPCARE.COM

Physician Signature: _____ Printed Name _____ Date: _____

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REFERRAL FOR ADULT & PEDIATRIC CONSULTATIONS & SLEEP STUDIES

10 CONVENIENT LOCATIONS

❒ **ALEXANDRIA**
5901 Kingstowne Village Pkwy., #101
Alexandria, VA 22315

❒ **ARLINGTON**
200 N. Glebe Road, #316
Arlington, VA 22203

❒ **BETHESDA**
6000 Executive Blvd, #604
Bethesda, MD 20852

❒ **CHANTILLY**
4080 Lafayette Center Drive, #170C
Chantilly, VA 20151

❒ **DUMFRIES**
3687 Fettler Park Drive
Dumfries, VA 22025

❒ **FREDERICKSBURG**
605 Emancipation Hwy, #2B
Fredericksburg, VA 22401

❒ **GERMANTOWN**
12850 Middlebrook Road, #250
Germantown, MD 20874

❒ **LANSDOWNE**
19441 Golf Vista Plaza, #230
Lansdowne, VA 20176

❒ **MANASSAS**
9420 Forestwood Lane, #202
Manassas, VA 20110

❒ **WOODBRIDGE**
4897 Prince William Pkwy., #102
Woodbridge, VA 22192

SCAN ME

STOP-BANG SLEEP SCREEN

STOP

S - Do you SNORE loudly (louder than talking or loud enough to be heard through closed doors)?	❒YES	❒NO
T – Do you often feel TIRED, fatigued, or sleepy during the day?	❒YES	❒NO
0 – Has anyone OBSERVED you stop breathing during your sleep?	❒YES	❒NO
P – Do you have or are you being treated for high blood PRESSURE?	❒YES	❒NO

BANG

B – Is your BODY MASS INDEX (BMI) more than 28?	❒YES	❒NO
A – AGE – Are you over 50 years old?	❒YES	❒NO
N – Are you a man with a NECK circumference greater than 17 inches or a woman with a NECK circumference greater than 16 inches?	❒YES	❒NO
G – GENDER – Are you a male?	❒YES	❒NO

TOTAL SCORE

High risk of OSA: Yes, 5 - 8 **Intermediate risk of OSA:** Yes, 3 - 4 **Low risk of OSA:** Yes, 0 - 2

OSA - Low Risk: Yes to 0 - 2 questions
OSA - Intermediate Risk: Yes to 3 - 4 questions
OSA - High Risk: Yes to 5 - 8 questions
or Yes to 2 or more of 4 STOP questions + male gender
or Yes to 2 or more of 4 STOP questions + BMI >35kg/m2
or Yes to 2 or more of 4 STOP questions + neck circumference 17 inches / 43 cm in male or 16 inches / 41 cm in female