Obstructive Sleep Apnoea and Snoring Disorders

- This sleep clinic is a specialised clinic for adult patients with confirmed obstructive sleep apnoea (OSA) - polysomnogram / sleep study attached
- Symptoms include snoring and excessive daytime sleepiness
- Patient has trialled CPAP or Mandibular Advancement Splint and is unsuccessful with using CPAP or MAS

Information Required

- Polysomnogram (sleep study)
- Trial of CPAP with a respiratory (sleep) physician
- Patients occupation
- Medical comorbidities
- Body mass index

Investigations Required

- Polysomnogram (sleep study)

Fax Referrals to

- ENT Clinic Fax: 8374 4928

Red Flags

- Motor vehicle or workplace accidents suspected or attributed to patients with excessive sleepiness and untreated OSA

Suggested GP Management

- Weight loss (if BMI > 35)
- Treatment of rhinitis and chronic rhinosinusitis with medical therapy to improve patients nasal airway (see sinus and nasal disorders)
- Referral to respiratory sleep physician for trial of CPAP
- Referral to dentist for mandibular advancement splint

Clinical Resources


Patient Information


General Information to assist with referrals and the and Referral templates for FMC and RGH are available to download from the SALHN Outpatient Services website www.sahealth.sa.gov.au/SALHNoutpatients