



Checklist for first GP/Sleep Clinic appointment

As GP and hospital appointments are usually quite short you can often forget to ask the right questions or describe all of your symptoms.

This checklist is purely intended to act as an aide memoire to help you to make the most of your visit.

You might find it useful to print it off and take it to your appointment so that you can discuss your symptoms, your concerns and the next steps.

You could also make a note of any important information they give you during your appointment.

If the GP is unable to answer all of your questions at your initial appointment, then you could ask the Sleep Consultant to help you to fill in the gaps, if the GP refers you on to a Sleep Clinic.

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Symptoms

Please tick your symptoms here and add any extra ones you think may be relevant:

- loud snoring
- breath holding or gasping for breath during sleep
- regular waking throughout the night
- excessive daytime sleepiness
- loss of libido
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Questions about the disease

- What is obstructive sleep apnoea?
- When does obstructive sleep apnoea require treatment?
- Does loud snoring mean that I have obstructive sleep apnoea?
- What are the consequences of obstructive sleep apnoea?
- Which of my symptoms may be due to obstructive sleep apnoea?

Questions about diagnosis

- What are the next steps to determine whether or not I have obstructive sleep apnoea?
- What is a sleep study? Will this take place in hospital or at home?
- What happens if I am diagnosed with sleep apnoea and need treatment?

Questions about treatment

- What are the treatment options?
- Will I be offered a choice between CPAP and a mandibular advancement device?
- What if I can't tolerate CPAP?
- Do I have to pay for my treatment if I would like a mandibular advancement device?