

Fitness to Drive Guidelines

Section 8.2.5: Advice to patients.

All patients suspected of having sleep apnoea or other sleep disorders should be warned about the potential effect on road safety.

General advice may include:

- minimising unnecessary driving
- minimising driving at times when they would normally be asleep
- allowing adequate time for sleep and avoiding driving after having missed a large portion of their normal sleep
- avoiding alcohol and sedative medications
- avoiding using over-the-counter or other non-prescribed substances for maintaining wakefulness
- ensuring prescribed treatments are taken as required
- resting and limiting driving if they are sleepy
- heeding the advice of a passenger that the driver is dozing off.

It is the responsibility of the driver to avoid driving if they are sleepy, comply with treatment, maintain their treatment device, attend review appointments, and honestly report their condition to their treating physician.

I, _____, have read and agree to comply
(full name)

with section 8.2.5 of the Fitness to Drive Guidelines, as outlined above.

Patient Signature: _____

Date: _____