Effective medical treatment established or surgical intervention performed with satisfactory recovery (note 2)

Class 1/2 certification - Obstructive Sleep Apnoea (OSA)/OSA Syndrome diagnosed

Unfit

Obstructive Sleep Apnoea or Obstructive Sleep Apnoea Syndrome diagnosed (note 1)

NOTES:

1) Usually diagnosed by history and confirmed by sleep studies.
   Causes include pharyngeal abnormalities, obesity, mandibular deformities.

2) Acceptable medical treatments include: nasal continuous positive airway pressure (CPAP), mandibular splinting. Surgical procedures: contact AMS for advice.
   If CPAP is used, it should be utilised for at least 5 hours per night and for 6 nights per week. It must be used during the sleep period just prior to flight.
   Full benefit from CPAP usually takes 6 weeks of use.
   The machine usage report should be assessed by the AMS (Class 1) or AME (Class 2) with any clinical reports.
   Applicants with excess cardiovascular risk shall undergo cardiological evaluation.

3) Epworth Sleepiness Scale score should be less than 10. In cases of doubt, a Multiple Sleep Latency Test should be performed.

4) Pilots are not to fly if they experience any problems with their treatment or experience a recurrence of their symptoms and/or an Epworth Sleepiness Scale score is greater than or equal to 10.
   If CPAP is used, the machine usage report should be submitted to the AME (initially every 3 months for the first year) together with copies of your flying logbook for the same period to demonstrate compliance with (2) above.

EPWORTH SLEEPINESS SCALE

Use the following scale to choose the most appropriate number for each situation:

0 = would never dose or sleep
1 = slight chance of dozing or sleeping
2 = moderate chance of dozing or sleeping
3 = high chance of dozing or sleeping

Situation | Chance of Dozing or Sleeping
---|---
Sitting and reading | 0
Watching TV | 1
Sitting inactive in a public place | 2
Being a passenger in a motor vehicle for an hour or more | 3
Lying down in the afternoon | 3
Sitting and talking to someone | 3
Sitting quietly after lunch (no alcohol) | 3
Stopped for a few minutes in traffic while driving | 3

Total score (add the scores up) | 3

Class 1
Unrestricted

Class 2
Unrestricted

Follow Up (note 4)

Results acceptable to the AMS (Class 1) or AME (Class 2) (note 3)

Class 1
Unrestricted

PLEASE PRINT THIS DOCUMENT AND TAKE TO YOUR SPECIALIST ADVISOR