

Sleep Apnoea Testing – Dream or Nightmare?

On 11 June 2025, the RTBU initiated a dispute over Sydney Trains' handling of sleep apnoea testing and associated work arrangements. This action was prompted by numerous reports from our members across different divisions who felt coerced into undergoing testing without sufficient justification. Such a lack of transparency fosters confusion and anxiety in the workplace which is unacceptable.

You may be aware that the National Standard for Health Assessment for Rail Safety Workers has been updated, with the new Standards coming into effect on 11 November 2024. These changes include significant updates to the sleep apnoea assessment process, marking the first revision of the Standard in about seven years. All Category 1 and 2 rail safety workers will now be required to undergo mandatory screening for sleep apnoea. This screening will utilise validated tools to identify risk factors associated with obstructive sleep apnoea. Workers flagged as “at-risk” will be referred for a diagnostic sleep study, which could involve either overnight monitoring in a clinic or a home-based study.

However, members have reported experiencing numerous issues when Sydney Trains implements these measures. Concerns include:

1. being removed from their roster;
2. having to pick up testing equipment from inconvenient locations for home-based studies;
3. receiving inadequate explanations about the process; and
4. feeling pressured to purchase a sleep apnoea machine through the testing company without being informed of all available options, including leasing.

To assist in addressing this dispute, please share your experience with sleep apnoea testing. All information provided will be kept confidential and will not be shared with Sydney Trains. [Please click here to access the survey.](#)

Once we gather enough information, we will communicate the next steps in the dispute to members. If you have any questions about the above, please do not hesitate to contact your delegate or organiser.

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