

Cigna Medical Coverage Policies Sleep Disordered Breathing Diagnosis and Treatment Guidelines

Effective March 15, 2023



Instructions for use

The following coverage policy applies to health benefit plans administered by Cigna. Coverage policies are intended to provide guidance in interpreting certain standard Cigna benefit plans and are used by medical directors and other health care professionals in making medical necessity and other coverage determinations. Please note the terms of a customer's particular benefit plan document may differ significantly from the standard benefit plans upon which these coverage policies are based. For example, a customer's benefit plan document may contain a specific exclusion related to a topic addressed in a coverage policy.

In the event of a conflict, a customer's benefit plan document always supersedes the information in the coverage policy. In the absence of federal or state coverage mandates, benefits are ultimately determined by the terms of the applicable benefit plan document. Coverage determinations in each specific instance require consideration of:

1. The terms of the applicable benefit plan document in effect on the date of service
2. Any applicable laws and regulations
3. Any relevant collateral source materials including coverage policies
4. The specific facts of the particular situation

Coverage policies relate exclusively to the administration of health benefit plans. Coverage policies are not recommendations for treatment and should never be used as treatment guidelines.

This evidence-based medical coverage policy has been developed by eviCore, Inc. Some information in this coverage policy may not apply to all benefit plans administered by Cigna.

These guidelines include procedures eviCore does not review for Cigna. Please refer to the [Cigna CPT code list](#) for the current list cardiac device procedures that eviCore reviews for Cigna.

CPT[®] (Current Procedural Terminology) is a registered trademark of the American Medical Association (AMA). CPT[®] five digit codes, nomenclature and other data are copyright 2022 American Medical Association. All Rights Reserved. No fee schedules, basic units, relative values or related listings are included in the CPT[®] book. AMA does not directly or indirectly practice medicine or dispense medical services. AMA assumes no liability for the data contained herein or not contained herein.

Table of Contents

Guideline	Page
General Information.....	3
Abbreviations for Sleep Guidelines.....	4
Preface.....	6
General Guidelines (SL-1.0).....	9
Practice Notes (SL-7).....	16
Sleep Diagnostics.....	18
Sleep Diagnostics-Coding (SL-1).....	19
Indications/Diagnostic Testing (SL-2).....	23
PSG and Multiple Sleep Latency Testing (Excessive sleepiness)(SL-2.3).....	37
Maintenance of Wakefulness Testing (MWT)-indications and Criteria (SL-2.4).....	39
Repeat Sleep Testing - Home or Attended Sleep Studies (SL-2.6).....	41
Diagnostic Testing Pre- and Post- Hypoglossal Nerve Stimulator Implantation (SL-2.8).....	44
Treatment of Sleep-Related Breathing Disorders.....	46
Treatment - General Information.....	47
Positive Airway Pressure Devices (SL-4.2).....	51
Oral Appliances for the Treatment of Obstructive Sleep Apnea (SL-9).....	58
Positive Airway Pressure - Accessories and Supplies (SL-4.3).....	61
Pediatric Guidelines.....	64
Pediatric Sleep Guidelines (SL-3).....	65
Program Exclusions.....	69
Sleep Apnea Treatment Program Exclusions (SL-5).....	70
References.....	72
General References.....	73
Pediatric References.....	79
Questionnaires (SL-8).....	81

General Information

Abbreviations for Sleep Guidelines

SL.GG.104.A

v1.0.2023

Abbreviation	Full name
AASM	American Academy of Sleep Medicine
AHI	Apnea-Hypopnea Index: <ul style="list-style-type: none"> • normal AHI <5 • mild OSA: AHI of ≥ 5 to <15 • moderate OSA: AHI of ≥ 15 to ≤ 30 • severe OSA: AHI of >30
AOSATF of AASM	Adult Obstructive Sleep Apnea Task Force of the American Academy of Sleep Medicine
APAP	Autotitrating positive airway pressure
BMI	Body mass index (body weight divided by the square of the height)
CPAP	Continuous positive airway pressure
DOT	Department of Transportation
EDS	Excessive daytime sleepiness
HCPCS	Healthcare Common Procedural Coding System <ul style="list-style-type: none"> • (Level II alphanumeric codes used to report services not included in CPT[®])
HSAT	Home sleep apnea testing
IDTF	Independent Diagnostic Testing Facilities
JCAHO	Joint Commission on Accreditation of Healthcare Organizations
MSLT	Multiple Sleep Latency Test
MWT	Maintenance of Wakefulness Test
OSA	Obstructive sleep apnea
PM	Portable monitoring (in home sleep studies)
PSG	Polysomnography
RDI	Respiratory disturbance index: (respiratory effort related arousals +

Abbreviation	Full name
	apneas + hypopneas/total sleep time) <ul style="list-style-type: none">• normal RDI <5• mild OSA: RDI of ≥5 to <15• moderate OSA: RDI of ≥15 to ≤30• severe OSA: RDI of >30
Screening Tools for Sleep Disorders	Epworth Sleepiness Scale, Berlin Questionnaire (for sleep apnea), STOP-BANG questionnaire, Insomnia Severity Index
OA	Oral appliance

Preface

SL.GG.100.C

v1.0.2023

Guideline Development (Preface - 1)

The cobranded Cigna-eviCore healthcare (eviCore) evidence-based, proprietary clinical guidelines evaluate a range of advanced imaging and procedures, including NM, US, CT, MRI, PET, and Radiation Oncology, Sleep Studies and Cardiac and Spine interventions.

Cigna and eviCore reserve the right to change and update the guidelines. The guidelines undergo a formal review annually. The Cigna-eviCore guidelines are based upon major national and international association and society guidelines and criteria, peer-reviewed literature, major treatises as well as, input from health plans, practicing academic and community-based physicians.

These Guidelines are not intended to supersede or replace sound medical judgment, but instead, should facilitate the identification of the most appropriate procedure given the individual's clinical condition. These guidelines are written to cover medical conditions as experienced by the majority of individuals. However, these guidelines may not be applicable in certain clinical circumstances, and physician judgment can override the guidelines.

Clinical decisions, including treatment decisions, are the responsibility of the individual and his/her provider. Clinicians are expected to use independent medical judgment, which takes into account the clinical circumstances to determine individual management decisions.

Cigna and eviCore support the Choosing Wisely initiative (www.choosingwisely.org) by the American Board of Internal Medicine (ABIM) Foundation and many national physician organizations, to reduce the overuse of diagnostic tests that are low value, no value, or whose risks are greater than the benefits.

The terms "male" and "female" used in these guidelines refer to anatomic-specific diseases and disease predispositions associated with individuals' sex assigned at birth rather than their gender identity. It should be noted that gender identity and anatomic-specific diseases as well as disease predispositions are not always linked. As such, these guidelines should be applied to the individual's corresponding known or suspected anatomic-specific disease or disease predisposition. At Cigna and eviCore, we believe that it is important to understand how all individuals, including those who are gender-diverse, choose to identify themselves. To ensure that gender-diverse individuals are treated with respect and that decisions impacting their healthcare are made correctly and with sensitivity, Cigna and eviCore recognize all individuals with the following gender marker options: Male, Female, Transgender male, Transgender female, "X", and "Not specified".

Benefits, Coverage Policies, and Eligibility Issues (Preface - 2)

Medical benefits, plan coverage, and eligibility issues pertaining may take precedence over Cigna-eviCore's cobranded guidelines.

Medicare Coverage Policies

For Medicare and Medicare Advantage enrollees, the coverage policies of CMS (Centers for Medicare and Medicaid Services) take precedence over Cigna-eviCore's cobranded guidelines.

CMS requires coverage for studies requested as part of a CMS approved clinical trial through the CMS CED program. A list of the currently approved studies is available at: <http://www.cms.gov/Medicare/Coverage/Coverage-with-Evidence-Development/Index>

Investigational and Experimental Studies, Treatments, Procedures, or Devices

Certain studies, treatments, procedures, or devices described in these guidelines are considered experimental, investigational, or unproven. Certain studies, treatments, procedures, or devices may be considered experimental, investigational, or unproven if there is a paucity of supporting evidence; if the evidence has not matured to exhibit improved health parameters; or the study, treatment, procedure, or device lacks a collective opinion of support.

Clinical and Research Trials

Similar to experimental, investigational, or unproven studies, clinical trial requests will be considered to determine whether they meet coverage.

Services inconsistent with established clinical standards or requested for data collection and not for use in direct clinical management are not supported.

Legislative Mandate

Applicable, state and federal legislation may need to be considered in the review of procedure requests.

References

1. Prospective Payment Systems - General Information. CMS. <https://www.cms.gov/Medicare/Medicare-Fee-for-Service-Payment/ProspMedicareFeeSvcPmtGen>.
2. Medicare Coverage with Evidence Development: A Policy-Making Tool in Evolution. *Journal of Oncology Practice*. 2007;3(6):296-301. doi:10.1200/jop.0763501.
3. Coverage of Clinical Trials under the Patient Protection and Affordable Care Act; 42 U.S.C.A. § 300gg-8.

Overutilization of Testing (Preface-3)

A review of the testing history, including all of the following, avoids unnecessary repeat testing:

- The results of initial studies to narrow the differential diagnosis should be obtained prior to performing further tests

- The clinical history should include a potential indication such as a known or suspected sleep disorder. These potential indications are addressed in greater detail within the applicable guidelines.
- The results of the requested study should be expected to have an impact on patient management or treatment decisions.
- Criteria for repeat studies are addressed in the applicable guideline **Repeat Sleep Testing - (Home or Attended Sleep Studies)**
- Testing when the same or similar studies have already been conducted is not indicated, without clear rationale that fulfills guideline criteria

General Guidelines (SL-1.0)

SL.GG.0010.A

v1.0.2023

Clinical Evaluation

A current and comprehensive clinical evaluation (within 60 days) by the treating medical provider (either face to face or telehealth), including documentation of sleep symptoms and physical examination elements relevant to the requested service, is required before a sleep study can be considered. (Note: The rendering site must be a qualified provider of service per health plan policy).

The clinical evaluation should include all of the following:

- Comprehensive sleep history with sleep symptoms relevant to the suspected diagnosis. (see sleep related symptoms below)
- Physical examination (see physical examination below)
- If there is a history of prior sleep testing, relevant diagnostic studies should be provided (such as a previous sleep study or overnight pulse oximetry).
- Results of a sleep questionnaire or sleep questionnaire proxy are required. (see Sleep Questionnaires).

Sleep-related symptoms

A description of sleep-related symptoms that are relevant to the suspected diagnosis are required before sleep testing can be considered. For example, If sleep-related breathing disorders are suspected, one or more of the following should be described:

- Daytime Sleepiness or fatigue
- Nocturnal snoring, snorting or gasping
- Nocturnal witnessed apneas or the subjective sensation of awakening short of breath, coughing or choking,
- Frequent awakenings during the night
- Prior diagnosis of OSA with a description of response to therapy
- Morning headaches
- Uncontrolled hypertension thought to be attributable to OSA
- Observed oxygen desaturations during sleep or during drug-induced sedation in a medical setting

Other sleep-related symptoms that are suggestive of a sleep disorder and may be included are:

- Increased sleep-related movements, sleep talking, displaying confused or erratic behavior during sleep.
- Dream enactment behavior
- Difficulty initiating sleep

- Non-restorative sleep
- Limited attention, or memory loss

Documented Physical examination

Documented physical examination should include:

- Cardiopulmonary evaluation if visit is conducted in person
- Level of obesity and/or neck circumference
- Oropharyngeal examination including Friedman score or Mallampati classification
- Findings may include macroglossia, tonsillar hypertrophy, nasal polyps, septal deviation, turbinate hypertrophy, elongated/enlarged uvula, narrow/high arched hard palate retrognathia (recessed mandible) or micrognathia (small mandible).

Note HSAT and/or PSG must be ordered by a treating medical provider and interpreted by a board-certified sleep medicine physician or a provider that is overseen by a board-certified sleep medicine physician.

Sleep Questionnaires

Three sleep questionnaires are commonly used to quantify the level of sleepiness or probability of having OSA. These validated questionnaires include (but are not be limited to):

- Epworth Sleepiness Scale
- Berlin Questionnaire
- STOP BANG Questionnaire

The results of these questionnaires help formulate an individual's likelihood of having sleep-related disease, so the questionnaires must be appropriate for the specific sleep issue in question (e.g. STOP-BANG and Berlin are most appropriate for OSA evaluation).

- To view these questionnaires and their interpretation in their entirety, see **Questionnaires (SL-8)**.

Results of one of these three questionnaires are required, or the following condition can serve as a proxy for the sleep questionnaire requirement:

- Witnessed apnea by a bed partner
- Previous diagnosis of OSA confirmed in record by prior testing
- History and physical elements are provided that would permit calculation of the STOP-BANG survey or Berlin Questionnaire

Definitions: Sleep-related Breathing Disorders

For the purpose of this guideline, sleep-related breathing disorders are defined by the following criteria:

- Valid sleep testing demonstrates a positive diagnosis of one or more of the following sleep-related breathing disorders:

Obstructive sleep apnea (OSA) as measured by valid testing is defined as:

- The apnea-hypopnea index (AHI), respiratory disturbance index (RDI), respiratory event index (REI) is ≥ 15 events per hour; or
- The AHI, RDI, or REI is ≥ 5 and < 15 events per hour and documentation of:
 - Symptoms of sleepiness, nonrestorative sleep, fatigue, or insomnia
 - Report of awakening with breath holding, gasping, or choking
 - Bed partner or other observer reports habitual snoring, breathing interruptions, or both during sleep
 - Hypertension, a mood disorder, cognitive dysfunction, coronary artery disease, congestive heart failure, atrial fibrillation, type 2 diabetes mellitus, or stroke.

Central sleep apnea (CSA) defined as (all):

- Presence of one or more of the following:
 - Sleepiness
 - Difficulty initiating or maintaining sleep, frequent awakenings or non-restorative sleep
 - Awakening short of breath
 - Snoring
 - Witnessed apneas
- Central apnea and/or central hypopnea index ≥ 5 per hour
- Central hypopnea/apneas are $> 50\%$ of the total number of apneas and hypopneas

Central sleep apnea (CSA) with Cheyne-Stokes Respiration defined as (all):

- Presence of one or more of the following:
 - Sleepiness
 - Difficulty initiating or maintaining sleep, frequent awakenings or non-restorative sleep
 - Awakening short of breath
 - Snoring
 - Witnessed apneas
 - Known atrial fibrillation/flutter, congestive heart failure, or a neurological disorder
- Central apnea and/or central hypopnea index ≥ 5 per hour
- Central hypopnea/apneas are $> 50\%$ of the total number of apneas and hypopneas

- Pattern of breathing meets criteria for Cheyne-Stokes breathing i.e. periodic breathing characterized by the waxing and waning of respiratory effort and airflow (episodes of ≥ 3 central apneas and/or central hypopneas separated by a crescendo and decrescendo change in breathing amplitude with a cycle length of ≥ 40 seconds).

Treatment Emergent Central Sleep Apnea defined as (both):

- Diagnostic PSG demonstrates ≥ 5 predominantly obstructive respiratory events per hour of sleep (obstructive or mixed apneas, hypopneas, respiratory effort related arousals [RERAs]).
- PSG during use of positive airway pressure without a backup rate shows improvement of obstructive events and emergence or persistence of central apneas/hypopneas with (both):
 - Central apnea and/or hypopnea index ≥ 5 per hour
 - Central hypopnea/apneas are $\geq 50\%$ of the total number of apneas and hypopneas

Sleep-related hypoventilation defined as when either of the following occur during sleep:

- Increase in arterial PCO_2 , transcutaneous PCO_2 , or end-tidal PCO_2 to a value >55 mmHg for ≥ 10 minutes
- There is a ≥ 10 mmHg increase in arterial PCO_2 , transcutaneous PCO_2 , or end-tidal PCO_2 during sleep (compared to awake supine value) to a value >50 mmHg for ≥ 10 minutes

Site of Care for Sleep Testing Requests (Home Versus Facility)

The guidelines herein provide evidence-based guidance for appropriate site of care for diagnostic sleep testing requests (facility sleep testing versus home sleep apnea testing versus facility sleep testing) and positive airway pressure titration requests (facility titration study versus home automatic positive airway pressure use) based on co-morbid conditions and clinical characteristics. These are also provided in **In-lab PSG indications (SL 2.2)**.

Facility testing can be considered due to one of the following reasons:

- Suspected obstructive sleep apnea with low pretest probability of moderate-to-severe OSA defined by either of the following:
 - Lack of reported symptoms of excessive daytime sleepiness with **at least two** of the following three criteria (habitual loud snoring, witnessed apnea or gasping or choking, or diagnosed hypertension)
 - Validated questionnaire (STOP BANG or Berlin) indicating low risk. See **Questionnaires (SL-8)**
- Individual does not have the mobility, dexterity or cognitive ability to use home sleep apnea testing equipment safely at home and the ability to follow instructions.

- HSAT has been attempted and is negative, or technically inadequate (report submitted for review). Technically inadequate HSAT recordings lack a minimum of 4 hours of oximetry and flow data.
- At least **one** of the following suspected or known co-morbid diagnoses or clinical scenarios is documented:
 - **Obesity and one of the following:**
 - BMI ≥ 45
 - Obesity hypoventilation syndrome defined as BMI >30 kg/m² plus awake arterial blood gas, end-tidal PCO₂ (ET PCO₂), or transcutaneous PCO₂ with PCO₂ >45 OR venous blood gas showing a PCO₂ ≥ 50 mmHg
 - If ABG, ET PCO₂ or transcutaneous PCO₂ results are not available, serum bicarbonate ≥ 27 may be provided as an alternative to determine high risk for OHS
 - **Moderate to severe pulmonary disease (for example: COPD, asthma) as demonstrated by one or more of the following:**
 - Nocturnal oxygen use
 - Documented arterial blood gases showing PO₂ <60 or PCO₂ >45
 - Documented pulmonary function tests demonstrating moderate to severe obstruction with forced expiratory volume in one second (FEV1) $\leq 69\%$ of predicted
 - **Documented neurological disease**
 - Any of the following:
 - The neurological disease precludes the individual's ability to perform home sleep apnea testing due to physical limitation (e.g. documented stroke with residual weakness/lack of coordination that would prevent performance of home sleep apnea testing) **OR**
 - There is stated concern for central sleep apnea or hypoventilation (e.g., neuromuscular disease such as myotonic dystrophy or ALS)
 - **Moderate to severe congestive heart failure With documented pulmonary congestion or known left ventricular ejection fraction $<45\%$**
 - **Pulmonary HTN**
 - With documentation of a mean pulmonary artery pressure of greater than 20 mmHg on right heart catheterization

Note If right heart catheterization results are not available, echocardiography results can be provided documenting significant probability of pulmonary HTN based on a peak tricuspid regurgitation velocity of greater than or equal to 2.9 m/s OR documented echocardiographic signs of pulmonary hypertension (Examples may include right atrial or right ventricle enlargement, interventricular septal flattening, enlarged pulmonary artery, dilated IVC, right ventricle outflow Doppler acceleration time >105 msec and/or midsystolic notching, pulmonary regurgitation velocity > 2.2 m/sec)

- **Other critical illness that would prevent the individual from using the HSAT equipment**
 - As documented in the patient record
- **Chronic severe insomnia**
 - Documented by validated questionnaire (Insomnia Severity Index ≥ 22). See **Questionnaires (SL 8)** for details regarding ISI.
- **Chronic daily opioid use with stated concern for presence of central sleep apnea (typically daily high-potency opioids e.g. Methadone[®], Suboxone[®], Dilaudid[®])**
- **HCPCS E0470 or E0471 are specifically requested (Titration study, CPT[®] 95811, only) for either of the following:**
 - CPAP has already been tried and proven ineffective or not tolerated for an individual with OSA **OR**
 - The individual has been diagnosed with **one** of the the following:
 - Central sleep apnea
 - Treatment-emergent central sleep apnea
 - Neuromuscular or restrictive thoracic disease
 - Severe COPD (arterial blood gas PaCO₂ is ≥ 52 mmHg done while awake and breathing the individual's prescribed FiO₂)
 - Obesity hypoventilation syndrome (defined as BMI >30 kg/m² plus awake arterial blood gas, end-tidal PCO₂ (ET PCO₂), or transcutaneous PCO₂ with PCO₂ >45 OR venous blood gas showing a PCO₂ ≥ 50 mmHg)
 - Other Hypoventilation (defined awake arterial blood gas, end-tidal PCO₂ (ET PCO₂), or transcutaneous PCO₂ with PCO₂ >45 OR venous blood gas showing a PCO₂ ≥ 50 mmHg)
 - Sleep-related hypoventilation as defined in **General Guidelines (SL-1.0)**.
- **Sleep related hypoxemia (Titration study, CPT[®] 95811 only)**
 - Sustained oxygen desaturation independent of respiratory events on prior facility-based study or during prior home sleep apnea testing with documentation on the sleep study report of one or more periods of sustained oxygen saturation less than or equal to 88% lasting a minimum of 5 total minutes without significant apneas or hypopneas.
- **Documented OSA with unsuccessful AutoPAP attempt (Titration study, CPT[®] 95811 only)**
 - Initiation of therapy started >30 days ago and either:
 - Auto-PAP machine download with AHI ≥ 5 /hr with ongoing symptoms (of OSA)
 - Auto-PAP use (≥ 4 hours per night on 70% of nights) with continued symptoms
- **Titration study (CPT[®] 95811) is indicated with previously documented Central sleep apnea (CSA) defined as (all):**
 - Presence of one or more of the following:

- Sleepiness
- Difficulty initiating or maintaining sleep, frequent awakenings or non-restorative sleep
- Awakening short of breath
- Snoring
- Witnessed apneas
- Central apnea and/or central hypopnea index ≥ 5 per hour
- Central hypopnea/apneas are $>50\%$ of the total number of apneas and hypopneas
- **Titration study (CPT® 95811) is indicated with previously documented Treatment Emergent Central Sleep Apnea defined as (both):**
 - Diagnostic PSG demonstrates ≥ 5 respiratory events per hour of sleep
 - PSG during use of positive airway pressure shows improvement of obstructive events and emergence or persistence of central apneas/hypopneas with (both):
 - Central apnea and/or hypopnea index ≥ 5 per hour
 - Central hypopnea/apneas are $\geq 50\%$ of the total number of apneas and hypopneas

Practice Notes (SL-7)

SL.GG.101.A

v1.0.2023

Occupational Health Examinations (SL-7.1)

The guidelines herein are also applicable to cases involving medical qualifying examinations performed for occupational health purposes.

Specific government or regulatory body occupational health requirements can be considered when the regulatory rules are provided.

Technical and Policy Requirements of PSG (SL-7.2)

- The parameters, settings, filters, technical specifications, sleep stage scoring and event scoring should be done in accordance with the AASM Manual for the Scoring of Sleep and Associated Events.
- HSAT should, at a minimum, record airflow, respiratory effort, and blood oxygenation. The type of biosensors used to monitor these parameters for in-laboratory PSG are recommended for use in HSATs and include the following:
 - Oronasal thermal sensor and nasal pressure transducer for airflow, apnea and hypopnea; **and**
 - Oximetry with a high sampling rate and fast averaging time for blood oxygenation; **and**
 - Ideally, a calibrated or uncalibrated respiratory inductance plethysmography for respiratory effort; **or**
 - Peripheral Arterial Tonometry (PAT) with oximetry and actigraphy
- Apnea-Hypopnea Index (AHI) by HSAT is the number of apneas + hypopneas / total recording time rather than total sleep time. As a result, HSAT's are likely to underestimate the severity of events compared to the Apnea- Hypopnea Index (AHI) by PSG. Due to the known rate of false negative HSAT, in-laboratory PSG should be performed in cases where HSAT is technically inadequate or fails to establish the diagnosis of OSA in individuals with a high pretest probability.
- HSAT can be appropriately performed by Joint Commission (JCAHO) and Medicare IDTF-approved facilities.
- **PSG** is called Type I monitoring:
 - Consists of minimum of 6 hours of constant monitoring in a controlled facility environment.
 - Involves 7 measurement parameters (3 channels of EEG, 2 channel electrooculography, 2 channels of anterior tibialis EMG, ECG or heart rate, oxygen saturation, airflow monitoring, and measures of sub-mental breathing/respiratory effort).
 - Facilities also typically record body position (with video) and snoring (via microphone).

- Results are reported and calculations of the Apnea-Hypoxia Index (AHI) or Respiratory Disturbance Index (RDI) are performed.
 - Scoring PSG:
 - OSA is confirmed if ≥ 15 obstructive events per hour or ≥ 5 obstructive events per hour plus clinical symptoms
 - Obstructive events include apneas, hypopneas, or respiratory-effort related arousals for calculation of RDI.
 - Obstructive events include apneas and hypopneas for calculation of AHI. RDI cannot accurately be calculated by HSAT.
 - Respiratory Event Index (REI) is appropriate for reporting sleep disordered breathing by HSAT.

Sleep Diagnostics

Sleep Diagnostics-Coding (SL-1)

SL.ST.100.A

v1.0.2023

Home Portable Monitoring (PM) (Home Sleep Testing)-Coding (SL-1.4.1)

There are currently 3 levels (HCPCS G0398, G0399 and G0400) of home PM's, with varying number of monitored parameters. Each can be used with or without an attendant but are generally performed unattended in the patient's home.

Procedure Codes for Home Sleep Testing (HSAT)

Home sleep studies	HCPCS	Channels
Home sleep study test (HSAT) with type II portable monitor, unattended; minimum of 7 channels: EEG, EOG, EMG, ECG/heart rate, airflow, respiratory effort and oxygen saturation	G0398	At least 7 monitored channels.
Home sleep test (HSAT) with type III portable monitor, unattended; minimum of 4 channels: 2 respiratory movement/airflow, 1 ECG/heart rate, and 1 oxygen saturation	G0399	At least 4 monitored channels (airflow/ventilation, heart rate, oxygen saturation, respiratory movement)
Home sleep test (HSAT) with type IV portable monitor, unattended; minimum of 3 channels	G0400	Measures 1 to 3 parameters

PSG Procedure Codes for Unattended Sleep Studies

Unattended sleep studies	CPT®
<p>Sleep study, unattended, measures a minimum of heart rate, oxygen saturation, and respiratory analysis (e.g., by airflow or peripheral arterial tone), and sleep time.</p> <ul style="list-style-type: none"> Simultaneous recording; heart rate, oxygen saturation, and respiratory analysis (e.g., by airflow or peripheral arterial tone), and sleep time. 	95800

Unattended sleep studies	CPT®
<ul style="list-style-type: none"> For unattended sleep study that measures a minimum of heart rate, oxygen saturation, and respiratory analysis, report CPT® 95801 	
<p>Sleep study, unattended, measures a minimum of heart rate, oxygen saturation, and respiratory analysis (e.g., by airflow or peripheral arterial tone)</p> <ul style="list-style-type: none"> Simultaneous recording; minimum of heart rate, oxygen saturation, and respiratory analysis (e.g., by airflow or peripheral arterial tone). For unattended sleep study that measures a minimum of heart rate, oxygen saturation, and sleep time, report CPT® 95800 	95801
<p>Sleep study, unattended, simultaneous recording of heart rate, oxygen saturation, respiratory airflow and respiratory effort (e.g., thoracoabdominal movement)</p> <ul style="list-style-type: none"> Simultaneous recording; minimum of ventilation, respiratory effort, ECG or heart rate, and oxygen saturation. Do not report CPT® 95806 in conjunction with any of the following codes: CPT® 93041-93229, 93268-93272, or 95800-95801 	95806

Polysomnography (facility-based-PSG) - Coding (SL-1.4.2)
PSG Procedure Codes for Attended Polysomnography and Sleep Studies

Attended polysomnography and sleep studies	CPT®
<p>Multiple sleep latency or maintenance of wakefulness testing, recording, analysis and interpretation of physiological measurements of sleep during multiple trials to assess sleepiness or ability to remain awake.</p> <ul style="list-style-type: none"> Multiple sleep latency testing (MSLT) is performed prior to treatment when the 	95805

Attended polysomnography and sleep studies	CPT®
<p>requesting physician suspects narcolepsy.</p> <ul style="list-style-type: none"> MSLT must be requested with a facility sleep study performed the night before the CPT® 95805 (CPT® 95810 or CPT® 95811). See <u>Maintenance of Wakefulness Testing (MWT) (SL-2.3)</u> - See <u>Maintenance of Wakefulness Testing (MWT)-Indications and Criteria (SL-2.4)</u> 	
<p>Polysomnography; (any age), sleep staging with 1-3 additional parameters of sleep, attended by a technologist</p>	95808
<p>Sleep study, simultaneous recording of ventilation, respiratory effort, ECG or heart rate, and oxygen saturation, attended by a technologist with PAP titration</p> <ul style="list-style-type: none"> May be considered experimental, investigational, or unproven when 95807 or 95807-52 is utilized to request a PAP-NAP. 	95807
<p>Polysomnography; (age 6 years or older), sleep staging with 4 or more additional parameters of sleep, attended by a technologist.</p> <ul style="list-style-type: none"> CPT® 95810 is used to report full-night diagnostic studies. 	95810
<p>Polysomnography; (age 6 years or older), sleep staging with 4 or more additional parameters of sleep, with initiation of continuous positive airway pressure therapy or Bi-level ventilation, attended by a technologist</p> <ul style="list-style-type: none"> CPT® 95811 is used either as either a split-night study with both the diagnostic study and the subsequent positive airway pressure or bi-level ventilation are initiated during the same visit, or as PAP titration alone after CPT® 95810 or inability to 	95811

Attended polysomnography and sleep studies	CPT®
complete split night sequence or as a retitration of PAP therapy.	

The following are **pediatric codes**.

Attended Polysomnography and Sleep Studies (Pediatric Codes)

Attended polysomnography and sleep studies	CPT
Polysomnography, (younger than 6 years), sleep staging with 4 or more additional parameters of sleep, attended by a technologist.	95782
Polysomnography, (younger than 6 years), sleep staging with 4 or more additional parameters of sleep, with initiation of continuous positive airway pressure therapy or bi-level ventilation, attended by a technologist.	95783

Indications/Diagnostic Testing (SL-2)

SL.ST.101.A

v1.0.2023

Home Sleep Apnea Testing (HSAT) Indications (SL-2.1)

- HSAT can be performed when **both of the following** criteria are met:
 - Increased risk of moderate-to-severe OSA as determined by **one** of the following:
 - Reported symptoms of excessive daytime sleepiness and at least two of the following three criteria (habitual loud snoring, witnessed apnea or gasping or choking, or diagnosed hypertension)
 - Validated questionnaire (STOP BANG or Berlin). See **Questionnaires (SL-8)**.
 - HSAT can physically be performed **and** individual has the mobility, dexterity and cognitive ability to use the available equipment safely at home and the ability to follow instructions.
- Individuals who exhibit one of the co-morbid indications for attended sleep studies found in **General Guidelines (SL-1.0)** and **In-Laboratory Polysomnography - OSA Indications (SL-2.2)** can undergo facility testing as outlined in Laboratory Polysomnography - OSA Indications or home sleep apnea testing (HSAT) if preferred by the treating provider.
- HSAT can also be used in follow-up treatment results after **any** of the following:
 - Surgical treatment for moderate to severe OSA.
 - OSA Oral appliance trial.
 - Other non-PAP supportive interventions (e.g. positional therapy).

In-laboratory Polysomnography- OSA Indications (SL-2.2)

PSG (CPT® 95810 or 95811) can be considered when sleep survey or proxy symptom(s) lead to concern for OSA and **one** of the following:

- Facility testing can be considered rather than HSAT due to **one** of the following reasons:
 - Suspected obstructive sleep apnea with low pretest probability of moderate-to-severe OSA defined by either of the following:
 - Lack of reported symptoms of excessive daytime sleepiness with **at least two** of the following three criteria (habitual loud snoring, witnessed apnea or gasping or choking, or diagnosed hypertension).
 - Validated questionnaire (STOP BANG or Berlin) indicating low risk. See **Questionnaires (SL-8)**.
 - Individual does not have the mobility, dexterity or cognitive ability to use home sleep apnea testing equipment safely at home and the ability to follow instructions.

- HSAT has been attempted and is negative, or technically inadequate (report submitted for review). Technically inadequate HSAT recordings lack a minimum of 4 hours of oximetry and flow data.
- At least **one** of the following suspected or known co-morbid diagnoses or clinical scenarios is documented:

Obesity and one of the following:

- BMI ≥ 45
- Obesity hypoventilation syndrome defined as BMI >30 kg/m² plus awake arterial blood gas, end-tidal PCO₂ (ET PCO₂), or transcutaneous PCO₂ with PCO₂ >45 OR venous blood gas showing a PCO₂ ≥ 50 mmHg
- If ABG, ET PCO₂ or transcutaneous PCO₂ results are not available, serum bicarbonate ≥ 27 may be provided as an alternative to determine high risk for OHS

Moderate to severe pulmonary disease (for example: COPD, asthma) as demonstrated by one or more of the following:

- Nocturnal oxygen use
- Documented arterial blood gases showing PO₂ <60 or PCO₂ >45
- Documented pulmonary function tests demonstrating moderate to severe obstruction with forced expiratory volume in one second (FEV1) $\leq 69\%$ of predicted

Documented neurological disease

Any of the following:

- The neurological disease precludes the individual's ability to perform home sleep apnea testing due to physical limitation (e.g. documented stroke with residual weakness/lack of coordination that would prevent performance of home sleep apnea testing) OR
- There is stated concern for central sleep apnea or hypoventilation (e.g. neuromuscular disease such as myotonic dystrophy or ALS)

Moderate to severe congestive heart failure

With documented pulmonary congestion or known left ventricular ejection fraction $<45\%$

Pulmonary HTN

With documentation of a mean pulmonary artery pressure of >20 mmHg on right heart catheterization.

Note If right heart catheterization results are not available, echocardiography results can be provided documenting significant probability of pulmonary HTN

based on a peak tricuspid regurgitation velocity of ≥ 2.9 m/s OR documented echocardiographic signs of pulmonary hypertension (Examples may include right atrial or right ventricle enlargement, interventricular septal flattening, enlarged pulmonary artery, dilated IVC, right ventricle outflow Doppler acceleration time >105 msec and/or midsystolic notching, pulmonary regurgitation velocity >2.2 m/sec)

Other critical illness that would prevent the individual from using the HSAT equipment

As documented in the patient record

Chronic severe insomnia

Documented by validated questionnaire (Insomnia Severity Index ≥ 22). See **Questionnaires (SL 8)** for details regarding ISI.

Chronic daily opioid use with stated concern for presence of central sleep apnea

(typically daily high-potency opioids e.g. Methadone[®], Suboxone[®], Dilaudid[®])

HCPCS E0470 or E0471 are specifically requested

(Titration study, CPT[®] 95811, only) for **either** of the following:

- CPAP has already been tried and proven ineffective or not tolerated for an individual with OSA OR
- The individual has been diagnosed with **one** of the following:
 - Central sleep apnea
 - Treatment-emergent central sleep apnea
 - Neuromuscular or restrictive thoracic disease
 - Severe COPD (arterial blood gas PaCO₂ is ≥ 52 mmHg done while awake and breathing the individual's prescribed FiO₂)
 - Obesity hypoventilation syndrome (defined as BMI >30 kg/m² plus awake arterial blood gas, end-tidal PCO₂ (ET PCO₂), or transcutaneous PCO₂ with PCO₂ >45 OR venous blood gas showing a PCO₂ ≥ 50 mmHg)
 - Other hypoventilation (defined awake arterial blood gas, end-tidal PCO₂ (ET PCO₂), or transcutaneous PCO₂ with PCO₂ >45 OR venous blood gas showing a PCO₂ ≥ 50 mmHg)
 - Sleep-related hypoventilation as defined in **General Guidelines (SL-1.0)**.

Sleep related hypoxemia (Titration study, CPT[®] 95811 only)

Sustained oxygen desaturation independent of respiratory events on prior facility-based study or during prior home sleep apnea testing with documentation on the sleep study report of one or more periods of sustained oxygen desaturation $\leq 88\%$

lasting a minimum of 5 consecutive minutes **in the absence of apneas or hypopneas.**

Documented OSA with unsuccessful AutoPAP attempt (Titration study, CPT® 95811 only)

Initiation of therapy started >30 days ago and either:

- Auto-PAP machine download with AHI ≥ 5 /hr with ongoing symptoms (of OSA)
- Auto-PAP use (≥ 4 hours per night on 70% of nights) with continued symptoms

Titration study (CPT® 95811) is indicated with previously documented Central sleep apnea (CSA) defined as (all):

- Presence of one or more of the following:
 - Sleepiness
 - Difficulty initiating or maintaining sleep, frequent awakenings or non-restorative sleep
 - Awakening short of breath
 - Snoring
 - Witnessed apneas
- Central apnea and/or central hypopnea index ≥ 5 per hour
- Central hypopnea/apneas are $>50\%$ of the total number of apneas and hypopneas

Titration study (CPT® 95811) is indicated with previously documented Treatment Emergent Central Sleep Apnea defined as (both):

- Diagnostic PSG demonstrates ≥ 5 respiratory events per hour of sleep
- PSG during use of positive airway pressure shows improvement of obstructive events and emergence or persistence of central apneas/hypopneas with (both):
 - Central apnea and/or hypopnea index ≥ 5 per hour
 - Central hypopnea/apneas are $\geq 50\%$ of the total number of apneas and hypopneas

Note Please see section **Proper Uses of Polysomnography in Pediatrics (SL-3.1)** for criteria for individuals less than 18 years of age.

Sleep testing is not indicated for evaluation of insomnia in the absence of symptoms or provider concern for another sleep fragmenting disorder such as obstructive sleep apnea or periodic limb movement disorder.

In-laboratory Polysomnography: Other Suspected Sleep Disorders (SL-2.2.1)

- Suspected narcolepsy or idiopathic hypersomnia (with CPT® 95805): See **PSG and Multiple Sleep Latency Testing (excessive sleepiness) Indications and Criteria (SL-2.3)**

- Complicated parasomnias (potentially injurious or when there is stated concern for nocturnal seizure activity). Complicated parasomnias do **not** include typical presentations of common conditions such as typical disorders of arousal, nightmares, enuresis, somniloquy, or bruxism.
- Rapid Eye Movement (REM) Behavior Disorder: Characterized by the acting out of dreams that are vivid, intense, and violent. Consideration of this diagnosis requires a clear description of dream-enacting behaviors, which consist of sleep-related vocalization and complex motor behaviors (such as punching or jumping from bed) correlating with sleep-related mentation.
- Periodic limb movement disorder (PLMD), but **not** Restless Leg Syndrome (RLS). Suspected PLMD is defined by periodic episodes of repetitive limb movements during sleep associated with insomnia or hypersomnia not caused by another sleep disorder (such as OSA), while RLS is a subjective uncomfortable sensation experienced while awake. In the absence of comorbidities indicated in **General Guidelines (SL 1.0)** (site of care), individuals who are undergoing initial diagnostic testing and have a high pre-test probability of moderate to severe obstructive sleep apnea should be evaluated for obstructive sleep apnea before a diagnosis of PLMD is considered.* See Background and Supporting Information. As indicated in **Home sleep apnea testing (HSAT) indications (SL-2.1)**, increased risk of moderate-to-severe OSA is based on the presence of **one** of the following:
 - Reported symptoms of excessive daytime sleepiness and **at least two** of the following three criteria (habitual loud snoring, witnessed apnea or gasping or choking, or diagnosed hypertension)
 - Validated questionnaire demonstrating high risk (STOP BANG or Berlin). See **Questionnaires (SL-8)**.
- Sleep testing is not indicated for evaluation of insomnia in the absence of symptoms or provider concern for another sleep fragmenting disorder such as obstructive sleep apnea or periodic limb movement disorder.

Background and supporting information

* Per the International Classification of Sleep Disorders, PLMD cannot be diagnosed in the context of RLS, narcolepsy, untreated obstructive sleep apnea or REM sleep behavior disorder. The presence of periodic limb movements of sleep (PLMS) on sleep testing does not equate to PLMD. PLMS is common, but PLMD is rare in adults. Restless Legs Syndrome (Willis-Ekbom Disease) is a clinical diagnosis characterized by uncomfortable sensations in the legs that begin or worsen during rest, occur predominantly in the evening, and are partially or totally relieved by movement.

Preoperative sleep testing prior to bariatric surgery testing is based on these guidelines. Sleep testing of asymptomatic patients prior to bariatric surgery is not supported

PSG and Multiple Sleep Latency Testing (Excessive sleepiness)(SL-2.3)

MSLT - General Information

The purpose of the PSG followed by MSLT is to measure a patient's physiological tendency to fall asleep in the absence of external alerting factors. It can be utilized to diagnose narcolepsy types 1 and 2 as well as idiopathic hypersomnia.

Per Recommended protocols for the Multiple Sleep Latency Test and Maintenance of Wakefulness Test in adults: guidance from the American Academy of Sleep Medicine. *Journal of Clinical Sleep Medicine* 2021. <https://doi.org/10.5664/jcsm.9620>:

- The MSLT should be performed following an attended PSG which allows a minimum 7 hours of time in bed with at least 6 hours of sleep, with timing that corresponds with the individual's major sleep period. The test should not be performed after a night during which PAP pressures were adjusted (split-night or PAP titration study).
- "Patients on PAP/non-PAP therapies for sleep-disordered breathing should use them during the PSG and MSLT. The PAP settings and mask interface should match those used at home."
- "For patients with sleep-disordered breathing treated with PAP therapy, the clinician should ensure efficacy and adherence based on a review of downloaded data. If the patient is using non-PAP therapy for sleep-disordered breathing, self-report of adequate use and efficacy of therapy should be confirmed prior to the MSLT."
- "The clinician should develop a plan regarding use of prescription medication, over the counter (OTC) agents, herbal remedies, and other substances. In general, medications with alerting, sedating, and/or REM-modulating properties should be stopped at least two weeks before the MSLT."

MSLT - Indications and Criteria

All of the following must be met:

- CPT® 95810 followed by CPT® 95805 is being performed for suspected narcolepsy or idiopathic hypersomnia as evidenced by:
 - Excessive sleepiness (shown not due to other more common sleep disorders such as obstructive sleep apnea or insufficient sleep syndrome), AND
 - Recurrent daytime naps or lapses into sleep daily for at least 3 months.
 - Additional symptoms may include:
 - Cataplexy- sudden loss of muscle tone occurring in association with intense emotion (laughing or crying), OR
 - Sleep paralysis, hypnagogic hallucinations, hypnopompic hallucinations, automatic behaviors, or disrupted major sleep episode
- Comprehensive Sleep Evaluation including performance of a relevant sleep questionnaire (ESS or Berlin) and consideration of alternative causes of sleepiness (such as insufficient sleep, medication side effects or circadian rhythm disorder)
- If there are symptoms or suspicion of OSA (or other types of sleep disordered breathing) is suspected, diagnostic testing for these conditions must be performed

first see **General Guidelines (SL-1.0)** including section on **Site of care for sleep testing requests (home versus facility)**.

- If OSA (or other types of sleep disordered breathing) is present on diagnostic testing, therapy must be initiated prior to consideration of MSLT. If the individual is being treated with positive airway pressure (PAP) for obstructive sleep apnea, optimal efficacy and adherence has been achieved by demonstration of the following (both):
 - PAP download shows: AHI <5 on download (if available) and currently using PAP ≥70% of the nights for an average of 4 hours or more per 24-hour period based on a 30 contiguous day compliance download during the preceding 6 months.
 - Therapy has resolved symptoms of increased upper airway resistance (i.e. eliminated snoring).
- Is not requested to assess efficacy of PAP therapy for OSA (or other types of sleep disordered breathing).
- Multiple Sleep Latency Testing (MSLT) (CPT® 95805) must immediately follow PSG (CPT® 95810). It cannot follow a split night study or a PAP titration study in individuals for whom OSA (or other types of sleep disordered breathing) is not optimally treated based on ongoing symptoms (such as snoring and witnessed apneas despite compliant use of PAP) or lack of optimal efficacy and adherence (defined as AHI <5 on PAP download [if available] and using PAP ≥70% of the nights for an average of 4 hours or more per 24-hour period) based on downloaded data from the individual's PAP machine.

Note When the individual has known OSA (or other types of sleep disordered breathing) which is optimally treated with PAP therapy, and has persistent excessive daytime sleepiness and symptoms concerning for narcolepsy or idiopathic hypersomnia, the preceding night's attended study, prior to the next-day MSLT, should be completed while the individual is using his/her PAP therapy at its optimal setting. Either CPT® 95810 or 95811 can be used to precede MSLT for individuals with known OSA controlled on PAP therapy.

Maintenance of Wakefulness Testing (MWT)-indications and Criteria (SL-2.4)

Maintenance of Wakefulness Testing (MWT)-General Information

Maintenance of Wakefulness Testing (MWT) measures the ability to stay awake for a defined period of time. Practice parameters on the clinical use of MWT were published by the American Academy of Sleep Medicine (AASM) in 2005 and in 2021. The MWT should be performed following the patient's major sleep period. The MWT should be conducted when a patient is clinically stable and when treatments of any known sleep disorders are well-established and effective. Unlike MSLT, the performance of overnight polysomnography the night prior to MWT is at the discretion of the sleep clinician. Per the AASM, the MWT 40-minute protocol is recommended. Clinical guidelines specify that MWT may be indicated to assess response to treatment in individuals with sleep disorders associated with excessive daytime sleepiness. MWT

may also be useful to assess ability to maintain wakefulness when hypersomnia constitutes a public or personal safety concern.⁸⁵ However, the utility of MWT is limited by the lack of large scale studies providing normative data for mean sleep latency on MWT. In addition, assessment of the daily ability to maintain wakefulness is complex and influenced by several variables not assessed during MWT such as long term treatment compliance, sleep duration and quality, circadian factors and shift work schedules.

The 2021 AASM practice parameters indicate that:

- "Patients on PAP/non-PAP therapies for sleep-disordered breathing should use them the night before (but not during) the MWT. If a PSG is performed, PAP settings and mask interface should match those used at home."
- "In patients with sleep-disordered breathing who are being evaluated for the effectiveness of therapy, the clinician should ensure the effectiveness (efficacy and adherence) based on review of downloaded data or self-reported use for non-PAP prior to testing."
- "The clinician should develop a plan regarding use of prescription medications, over the counter (OTC) agents, herbal remedies, and other substances. If the patient is chronically taking medications with alerting or sedating properties, they should be continued at a stable dose. Changes in medications should be avoided for two weeks prior to testing. The patient should be instructed to consult with the clinician before starting a prescription or OTC medication prior to the test."

Maintenance of Wakefulness Testing-Indications

- Maintenance of Wakefulness Testing (40-minute protocol) can be considered when **all** of the following criteria are met:
 - The individual has a diagnosed sleep disorder associated with excessive daytime sleepiness (e.g., Obstructive sleep apnea, narcolepsy), AND
 - The individual is actively undergoing treatment for their sleep disorder and is compliant with treatment. If the individual is being treated with positive airway pressure (PAP) for obstructive sleep apnea (or other types of sleep disordered breathing), optimal efficacy and adherence has been achieved by demonstration of the following (**both**):
 - PAP download shows: AHI <5 on download (if available) and currently using PAP ≥70% of the nights for an average of 4 hours or more per 24-hour period based on a 30 contiguous day compliance download during the preceding 6 months.
 - Therapy has resolved symptoms of increased upper airway resistance (i.e., eliminated snoring).
 - Stated need to objectively document ability to maintain wakefulness as a measure of treatment response due to one of the following
 - Lack of reliable history
 - Personal or public safety concern

Split Night Study or Two Night Study (SL-2.5)

Split Night Study

- Split night study (CPT® 95811) is a single-night PSG + PAP trial, and typically can be completed if both:
 - Apnea Hypopnea Index (AHI) is ≥ 15 /hr during ≥ 2 hours of recording time on the diagnostic PSG
 - ≥ 3 hours are available for PAP titration
- Split night study (CPT® 95811) can be achieved in the majority of cases in one night. This is the current recommended approach per the American Academy of Sleep Medicine (AASM) if the above criteria are met.

Two Night Study

- In some cases, a split night study cannot be completed because the above criteria is not met and sleep testing must be done in two nights.
 - The first night's study is performed as (CPT® 95810)
 - Followed by second night PAP (CPT® 95811)
- When PAP titration (CPT® 95811) is subsequently requested after a completed PSG CPT® 95810 (full-night diagnostic of failed split-study) or HSAT for the diagnosis of obstructive sleep apnea (OSA) as defined in **General Guidelines (SL 1.0): Definitions**, the following information should be used to consider unattended APAP or attended CPAP titration:
 - Facility titration study CPT® 95811 can be used when there is documentation of at least one of the suspected or known co-morbid diagnoses or clinical scenarios found in **General Guidelines (SL-1.0): Site of care** for sleep testing requests (home versus facility).
 - E0601 APAP titration can be considered when there are no co-morbid diagnoses or clinical scenarios found in **General Guidelines (SL-1.0): Site of care** for sleep testing requests (home versus facility)
 - All new information from the PSG or HSAT
 - Facility titration studies (CPT® 95811) can also be utilized in the following clinical scenarios:
 - Titrate non-invasive positive pressure ventilation (NIPPV) devices in individuals with diurnal chronic alveolar hypoventilation (defined as hypercapnia, with awake arterial blood gas, end-tidal PCO_2 [ET PCO_2], or transcutaneous PCO_2 with $\text{PCO}_2 > 45$ **OR** venous blood gas showing a $\text{PCO}_2 \geq 50$ mmHg)
 - Titrate positive airway pressure or NIPPV for sleep-related hypoventilation (as defined in **General Guidelines (SL 1.0)**)
- For more information on the technical and policy requirements of PSG, as well as on PSG scoring, see **Practice Notes (SL-7)**

Repeat Sleep Testing - Home or Attended Sleep Studies (SL-2.6)

Follow-up HSAT or PSG is not routinely indicated for asymptomatic patients on PAP therapy. However, patients with persistent or recurrent symptoms despite adherence with PAP may require repeat testing.

Repeat Diagnostic Study (SL-2.6.1)

- Repeat diagnostic testing is **not** indicated to supply new PAP equipment.
- Repeat diagnostic testing is **not** indicated to assess for the continued presence of OSA in the absence of weight loss, surgical treatment for moderate to severe OSA, OSA Oral appliance trial, or Other non-PAP supportive interventions (e.g. positional therapy).
- Either home sleep apnea testing or split night testing (CPT® 95811) can be performed based on indications and comorbidities found in **General Guidelines (SL-1.0): Site of care for sleep testing requests (home versus facility)**, if any of the following criteria is met:
 - BMI decreases by 10% and there is a desire to discontinue PAP therapy and/or intolerance to PAP therapy
 - To reassess for the continued presence of OSA after:
 - Surgical treatment for moderate to severe OSA, or
 - OSA Oral appliance trial, or
 - Other non-PAP supportive interventions (e.g. positional therapy).
 - Results of previous medically necessary sleep test were inadequate and not diagnostic due to limited sleep time or other specified variables (report of prior sleep testing required). Technically inadequate HSAT recordings lack a minimum of 4 hours of oximetry and flow data.
- If any of the above criteria is met, please see **General Guidelines (SL-1.0): Site of care for sleep testing requests (home versus facility)** for determination of appropriateness of home sleep apnea testing versus facility testing.

Repeat Titration (SL-2.6.2)

- A repeat titration study is **not** indicated to supply new PAP equipment.
- A repeat titration study is **not** indicated to assess for the efficacy of PAP therapy in absence of recurrent or changed symptoms.
- Must demonstrate that recurrent or continued symptoms are not due to insufficient compliance (must be using PAP \geq 4 hours per night on 70% of nights with continued symptoms).
- A repeat titration study can be performed if **any** of the following criteria is met:

OSA currently on CPAP

If any of the below criteria is met for an individual on CPAP, please see **In-Laboratory Polysomnography- OSA Indications (SL-2.2)** for determination of appropriateness of automatic PAP trial versus facility titration study. Comorbidities in **General Guidelines (SL-1.0): Site of care for sleep testing requests (home**

versus facility) are required to perform repeat facility titration study without first undergoing an automatic PAP trial.

- Re-assessment of treatment results (with either CPT® 95811 or unattended APAP based on indications and comorbidities found in **General Guidelines (SL-1.0)** and **In-Laboratory Polysomnography- OSA Indications (SL-2.2)** for an individual with known OSA currently on CPAP therapy can be performed when any of the following has occurred:
 - Substantial weight gain (10% of body weight) with return of symptoms despite using PAP ≥4 hours per night on 70% of nights.
 - BMI decreases by 10% and there is intolerance of PAP pressure
 - Clinical response is insufficient due to ongoing symptoms despite treatment (using PAP ≥4 hours per night on 70% of nights)
 - Symptoms return despite a good initial response to CPAP and continued PAP use (≥4 hours per night on 70% of nights)
 - Development of hypertension or worsening of hypertension despite a minimum of three months of adherent PAP usage (using PAP ≥4 hours per night on 70% of nights).
 - New onset decompensated heart failure or new stroke or TIA in an individual treated with PAP therapy
 - PAP machine download demonstrates elevated AHI with return of symptoms
 - Results of previous medically necessary sleep test were inadequate and not diagnostic due to limited sleep time or other specified variables. Technically inadequate HSAT recordings lack a minimum of 4 hours of oximetry and flow data.
 - CPAP/APAP is ineffective (as defined in the bullet points above) or is not tolerated and bi-level PAP titration utilizing HCPCS E0470 or E0471 is requested.

OSA currently treated with bi-level PAP, APAP, ASV

Re-assessment of treatment results (with CPT® 95811) for a patient with known OSA currently treated with bilevel PAP, APAP, ASV can be performed when any of the following has occurred:

- Substantial weight gain (10% of body weight) with return of symptoms despite using PAP ≥4 hours per night on 70% of nights.
- BMI decreases by 10% and there is intolerance of PAP pressure
- Clinical response is insufficient due to ongoing symptoms despite treatment (must be using PAP ≥4 hours per night on 70% of nights).
- Symptoms return despite a good initial response to CPAP and continued PAP use for ≥4 hours per night on 70% of nights.
- Development of hypertension or worsening of hypertension despite a minimum of three months of adherent PAP usage (must be using PAP ≥4 hours per night on 70% of nights).

- New onset decompensated heart failure or new stroke or TIA in an individual treated with PAP therapy
- PAP machine download demonstrates elevated AHI with return of symptoms.
- Results of previous medically necessary sleep test were inadequate and not diagnostic due to limited sleep time or other specified variables. Technically inadequate HSAT recordings lack a minimum of 4 hours of oximetry and flow data.

Re-assessment of Suspected Narcolepsy or Idiopathic Hypersomnia (SL-2.6.3)

- Reassessment of suspected narcolepsy or idiopathic hypersomnia with a repeat CPT® 95810/CPT® 95805 can be considered if previous testing did not confirm the diagnosis but clinical suspicion is still present despite treatment, or due to a change in symptoms (e.g. development of sleep paralysis, cataplexy, hypnagogic hallucinations or worsening hypersomnolence).
 - For individuals with OSA on PAP, CPT® 95811 or CPT® 95810 can be used per **PSG and Multiple Sleep Latency Testing (excessive sleepiness) (SL-2.3)**.

PAP-NAP (SL-2.7)

CPT® 95807-52

PAP-NAP, a daytime abbreviated cardiorespiratory sleep study, was developed as a means of improving adherence to positive airway pressure in patients with sleep disordered breathing and co-morbid insomnia and psychiatric disorders. A pilot study performed in 2008 demonstrated improvement in PAP adherence compared to historical controls in patients with insomnia and diagnosed and/or symptoms of psychiatric disorders. However, no subsequent controlled studies have been published. Therefore, CPT® 95807 or 95807-52 for the purposes of performing PAP-NAP is not covered procedure

Note Result of previous studies should be submitted for review prior to authorization of additional studies

Diagnostic Testing Pre- and Post- Hypoglossal Nerve Stimulator Implantation (SL-2.8)

General Information

A hypoglossal nerve stimulator is a surgically implanted device that delivers stimulating electrical pulses to the hypoglossal nerve, which controls upper airway musculature. With a sensing lead, the device permits synchronization with ventilatory effort. The Stimulation Treatment for Apnea Reduction (STAR) trial was a prospective, multicenter trial of 126 participants with a body mass index (BMI) less than 32, moderate to severe obstructive sleep apnea (AHI 20-50), and difficulty tolerating/adhering to CPAP. Participants, who served as their own control, experienced a significant reduction in Apnea Hypopnea Index with hypoglossal nerve stimulation (68% decrease) and oxygen desaturation index (70% decrease) at 12 months, as well as a reduction in self-reported outcomes at 12 and 24 months. These improvements were maintained at 3, 4,

and 5 years. During the trial, a response to hypoglossal nerve stimulation was defined as a reduction of AHI by at least 50% from baseline and an AHI of less than 20 events per hour at one year. A prospective, single arm study conducted in Germany utilized an inclusion criteria of AHI of 15 to 65 per hour and BMI less than 35 kg/m². Significant reduction in AHI was achieved with median AHI decreasing from 28/h to 8.3/h at 6 months and sustained improvement at one year. In June 2017, the Food and Drug administration revised the criteria to include individuals with AHI between 15 and 65. Retrospectively, no differences have been found for post-operative AHI, oxygen saturation nadir, daytime sleepiness or surgical success with BMI greater than or less than 32.

Indications

PSG (CPT[®] 95810) is indicated for the following:

Pre-implantation

See also **Background and Supporting Information** below

No prior sleep testing:

- Individuals with a high pre-test likelihood for moderate to severe obstructive sleep apnea who have not undergone prior sleep testing should undergo home sleep apnea testing, if appropriate per guidelines, and a PAP trial before consideration of facility testing for possible hypoglossal nerve stimulator implantation. Please see sections **General Guidelines (SL-1.0): Site of care for sleep testing requests (home versus facility)**, **Home Sleep Testing (HSAT) Indication (SL-2.1)**, prior sections in **In-Laboratory Polysomnography - OSA Indications (SL-2.2)**, and **In-Laboratory Polysomnography - Other Indications (SL-2.2.1)** for guidelines for individuals who have not undergone prior testing.

Prior diagnosis of OSA based on polysomnography:

- Individuals who have recently undergone polysomnography (within 24 months), do not need a repeat study unless there have been changes in weight or symptoms to suggest a clinically significant change in sleep study results. In the setting of recent significant changes in weight or symptoms, repeat polysomnography (CPT[®] 95810) could be considered if the following criteria are met (**BOTH**):
 - BMI <35
 - Previous intolerance to CPAP and/or bi-level PAP during a minimum of one-month trial

Prior diagnosis of OSA based on home sleep apnea testing:

- In the setting of a known diagnosis of obstructive sleep apnea based on home sleep apnea testing, the following criteria must be met prior to performance of polysomnography (CPT[®] 98510) for pre-implantation evaluation (ALL):
 - BMI <35

- AHI or REI <65 on home sleep testing
- Intolerance to CPAP and/or bi-level PAP during a minimum of one-month trial

Post-implantation:

- As per the clinical trial, polysomnography (CPT® 95810) can be performed post-implantation (at approximately 2-3 months post-implantation) for the purpose of titrating device parameters and determining therapeutic stimulation settings.
- Following the initial post-implantation study, retesting (either HSAT or PSG CPT® 95810) can be performed if any of the following occurs:
 - Clinical response is insufficient despite regular treatment with hypoglossal nerve stimulator.
 - Substantial weight gain with return of symptoms.
 - Results of previously medically necessary sleep test were inadequate due to limited sleep time or other variables.
- Following the initial post-implantation study, the choice of home sleep apnea testing or facility polysomnography for repeat testing will be based on indications and co-morbidities outlined in **General Guidelines (SL-1.0)**, **Home Sleep Testing (HSAT) Indication (SL-2.1)**, prior sections in **In-Laboratory Polysomnography- OSA Indications (SL-2.2)**, and **In-Laboratory Polysomnography- Other Indications (SL-2.2.1)**.

PSG and Multiple Sleep Latency Testing (Excessive sleepiness)(SL-2.3)

SL.ST.203.A

v1.0.2023

MSLT - General Information

The purpose of the PSG followed by MSLT is to measure a patient's physiological tendency to fall asleep in the absence of external alerting factors. It can be utilized to diagnose narcolepsy types 1 and 2 as well as idiopathic hypersomnia.

Per Recommended protocols for the Multiple Sleep Latency Test and Maintenance of Wakefulness Test in adults: guidance from the American Academy of Sleep Medicine. *Journal of Clinical Sleep Medicine* 2021. <https://doi.org/10.5664/jcsm.9620>:

- The MSLT should be performed following an attended PSG which allows a minimum 7 hours of time in bed with at least 6 hours of sleep, with timing that corresponds with the individual's major sleep period. The test should not be performed after a night during which PAP pressures were adjusted (split-night or PAP titration study).
- "Patients on PAP/non-PAP therapies for sleep-disordered breathing should use them during the PSG and MSLT. The PAP settings and mask interface should match those used at home."
- "For patients with sleep-disordered breathing treated with PAP therapy, the clinician should ensure efficacy and adherence based on a review of downloaded data. If the patient is using non-PAP therapy for sleep-disordered breathing, self-report of adequate use and efficacy of therapy should be confirmed prior to the MSLT."
- "The clinician should develop a plan regarding use of prescription medication, over the counter (OTC) agents, herbal remedies, and other substances. In general, medications with alerting, sedating, and/or REM-modulating properties should be stopped at least two weeks before the MSLT."

MSLT - Indications and Criteria

All of the following must be met:

- CPT® 95810 followed by CPT® 95805 is being performed for suspected narcolepsy or idiopathic hypersomnia as evidenced by:
 - Excessive sleepiness (shown not due to other more common sleep disorders such as obstructive sleep apnea or insufficient sleep syndrome), AND
 - Recurrent daytime naps or lapses into sleep daily for at least 3 months.
 - Additional symptoms may include:
 - Cataplexy- sudden loss of muscle tone occurring in association with intense emotion (laughing or crying), OR
 - Sleep paralysis, hypnagogic hallucinations, hypnopompic hallucinations, automatic behaviors, or disrupted major sleep episode

- Comprehensive Sleep Evaluation including performance of a relevant sleep questionnaire (ESS or Berlin) and consideration of alternative causes of sleepiness (such as insufficient sleep, medication side effects or circadian rhythm disorder)
- If there are symptoms or suspicion of OSA (or other types of sleep disordered breathing) is suspected, diagnostic testing for these conditions must be performed first see **General Guidelines (SL-1.0)** including section on **Site of care for sleep testing requests (home versus facility)**.
- If OSA (or other types of sleep disordered breathing) is present on diagnostic testing, therapy must be initiated prior to consideration of MSLT. If the individual is being treated with positive airway pressure (PAP) for obstructive sleep apnea, optimal efficacy and adherence has been achieved by demonstration of the following (both):
 - PAP download shows: AHI <5 on download (if available) and currently using PAP ≥70% of the nights for an average of 4 hours or more per 24-hour period based on a 30 contiguous day compliance download during the preceding 6 months.
 - Therapy has resolved symptoms of increased upper airway resistance (i.e. eliminated snoring).
- Is not requested to assess efficacy of PAP therapy for OSA (or other types of sleep disordered breathing).
- Multiple Sleep Latency Testing (MSLT) (CPT® 95805) must immediately follow PSG (CPT® 95810). It cannot follow a split night study or a PAP titration study in individuals for whom OSA (or other types of sleep disordered breathing) is not optimally treated based on ongoing symptoms (such as snoring and witnessed apneas despite compliant use of PAP) or lack of optimal efficacy and adherence (defined as AHI <5 on PAP download [if available] and using PAP ≥70% of the nights for an average of 4 hours or more per 24-hour period) based on downloaded data from the individual's PAP machine.

Note When the individual has known OSA (or other types of sleep disordered breathing) which is optimally treated with PAP therapy, and has persistent excessive daytime sleepiness and symptoms concerning for narcolepsy or idiopathic hypersomnia, the preceding night's attended study, prior to the next-day MSLT, should be completed while the individual is using his/her PAP therapy at its optimal setting. Either CPT® 95810 or 95811 can be used to precede MSLT for individuals with known OSA controlled on PAP therapy.

Maintenance of Wakefulness Testing (MWT)-indications and Criteria (SL-2.4)

SL.ST.101.A

v1.0.2023

Maintenance of Wakefulness Testing (MWT)-General Information

Maintenance of Wakefulness Testing (MWT) measures the ability to stay awake for a defined period of time. Practice parameters on the clinical use of MWT were published by the American Academy of Sleep Medicine (AASM) in 2005 and in 2021. The MWT should be performed following the patient's major sleep period. The MWT should be conducted when a patient is clinically stable and when treatments of any known sleep disorders are well-established and effective. Unlike MSLT, the performance of overnight polysomnography the night prior to MWT is at the discretion of the sleep clinician. Per the AASM, the MWT 40-minute protocol is recommended. Clinical guidelines specify that MWT may be indicated to assess response to treatment in individuals with sleep disorders associated with excessive daytime sleepiness. MWT may also be useful to assess ability to maintain wakefulness when hypersomnia constitutes a public or personal safety concern.⁸⁵ However, the utility of MWT is limited by the lack of large scale studies providing normative data for mean sleep latency on MWT. In addition, assessment of the daily ability to maintain wakefulness is complex and influenced by several variables not assessed during MWT such as long term treatment compliance, sleep duration and quality, circadian factors and shift work schedules.

The 2021 AASM practice parameters indicate that:

- "Patients on PAP/non-PAP therapies for sleep-disordered breathing should use them the night before (but not during) the MWT. If a PSG is performed, PAP settings and mask interface should match those used at home."
- "In patients with sleep-disordered breathing who are being evaluated for the effectiveness of therapy, the clinician should ensure the effectiveness (efficacy and adherence) based on review of downloaded data or self-reported use for non-PAP prior to testing."
- "The clinician should develop a plan regarding use of prescription medications, over the counter (OTC) agents, herbal remedies, and other substances. If the patient is chronically taking medications with alerting or sedating properties, they should be continued at a stable dose. Changes in medications should be avoided for two weeks prior to testing. The patient should be instructed to consult with the clinician before starting a prescription or OTC medication prior to the test."

Maintenance of Wakefulness Testing-Indications

- Maintenance of Wakefulness Testing (40-minute protocol) can be considered when **all** of the following criteria are met:
 - The individual has a diagnosed sleep disorder associated with excessive daytime sleepiness (e.g., Obstructive sleep apnea, narcolepsy), AND

- The individual is actively undergoing treatment for their sleep disorder and is compliant with treatment. If the individual is being treated with positive airway pressure (PAP) for obstructive sleep apnea (or other types of sleep disordered breathing), optimal efficacy and adherence has been achieved by demonstration of the following (**both**):
 - PAP download shows: AHI <5 on download (if available) and currently using PAP ≥70% of the nights for an average of 4 hours or more per 24-hour period based on a 30 contiguous day compliance download during the preceding 6 months.
 - Therapy has resolved symptoms of increased upper airway resistance (i.e., eliminated snoring).
- Stated need to objectively document ability to maintain wakefulness as a measure of treatment response due to one of the following
 - Lack of reliable history
 - Personal or public safety concern

Repeat Sleep Testing - Home or Attended Sleep Studies (SL-2.6)

SL.ST.101.A

v1.0.2023

Follow-up HSAT or PSG is not routinely indicated for asymptomatic patients on PAP therapy. However, patients with persistent or recurrent symptoms despite adherence with PAP may require repeat testing.

Repeat Diagnostic Study (SL-2.6.1)

- Repeat diagnostic testing is **not** indicated to supply new PAP equipment.
- Repeat diagnostic testing is **not** indicated to assess for the continued presence of OSA in the absence of weight loss, surgical treatment for moderate to severe OSA, OSA Oral appliance trial, or Other non-PAP supportive interventions (e.g. positional therapy).
- Either home sleep apnea testing or split night testing (CPT® 95811) can be performed based on indications and comorbidities found in **General Guidelines (SL-1.0): Site of care for sleep testing requests (home versus facility)**, if any of the following criteria is met:
 - BMI decreases by 10% and there is a desire to discontinue PAP therapy and/or intolerance to PAP therapy
 - To reassess for the continued presence of OSA after:
 - Surgical treatment for moderate to severe OSA, or
 - OSA Oral appliance trial, or
 - Other non-PAP supportive interventions (e.g. positional therapy).
 - Results of previous medically necessary sleep test were inadequate and not diagnostic due to limited sleep time or other specified variables (report of prior sleep testing required). Technically inadequate HSAT recordings lack a minimum of 4 hours of oximetry and flow data.
- If any of the above criteria is met, please see **General Guidelines (SL-1.0): Site of care for sleep testing requests (home versus facility)** for determination of appropriateness of home sleep apnea testing versus facility testing.

Repeat Titration (SL-2.6.2)

- A repeat titration study is **not** indicated to supply new PAP equipment.
- A repeat titration study is **not** indicated to assess for the efficacy of PAP therapy in absence of recurrent or changed symptoms.
- Must demonstrate that recurrent or continued symptoms are not due to insufficient compliance (must be using PAP ≥ 4 hours per night on 70% of nights with continued symptoms).
- A repeat titration study can be performed if **any** of the following criteria is met:

OSA currently on CPAP

If any of the below criteria is met for an individual on CPAP, please see **In-Laboratory Polysomnography- OSA Indications (SL-2.2)** for determination of appropriateness of automatic PAP trial versus facility titration study. Comorbidities in **General Guidelines (SL-1.0): Site of care for sleep testing requests (home versus facility)** are required to perform repeat facility titration study without first undergoing an automatic PAP trial.

- Re-assessment of treatment results (with either CPT[®] 95811 or unattended APAP based on indications and comorbidities found in **General Guidelines (SL-1.0)** and **In-Laboratory Polysomnography- OSA Indications (SL-2.2)** for an individual with known OSA currently on CPAP therapy can be performed when any of the following has occurred:
 - Substantial weight gain (10% of body weight) with return of symptoms despite using PAP ≥4 hours per night on 70% of nights.
 - BMI decreases by 10% and there is intolerance of PAP pressure
 - Clinical response is insufficient due to ongoing symptoms despite treatment (using PAP ≥4 hours per night on 70% of nights)
 - Symptoms return despite a good initial response to CPAP and continued PAP use (≥4 hours per night on 70% of nights)
 - Development of hypertension or worsening of hypertension despite a minimum of three months of adherent PAP usage (using PAP ≥4 hours per night on 70% of nights).
 - New onset decompensated heart failure or new stroke or TIA in an individual treated with PAP therapy
 - PAP machine download demonstrates elevated AHI with return of symptoms
 - Results of previous medically necessary sleep test were inadequate and not diagnostic due to limited sleep time or other specified variables. Technically inadequate HSAT recordings lack a minimum of 4 hours of oximetry and flow data.
 - CPAP/APAP is ineffective (as defined in the bullet points above) or is not tolerated and bi-level PAP titration utilizing HCPCS E0470 or E0471 is requested.

OSA currently treated with bi-level PAP, APAP, ASV

Re-assessment of treatment results (with CPT[®] 95811) for a patient with known OSA currently treated with bilevel PAP, APAP, ASV can be performed when any of the following has occurred:

- Substantial weight gain (10% of body weight) with return of symptoms despite using PAP ≥4 hours per night on 70% of nights.
- BMI decreases by 10% and there is intolerance of PAP pressure
- Clinical response is insufficient due to ongoing symptoms despite treatment (must be using PAP ≥4 hours per night on 70% of nights).

- Symptoms return despite a good initial response to CPAP and continued PAP use for ≥ 4 hours per night on 70% of nights.
- Development of hypertension or worsening of hypertension despite a minimum of three months of adherent PAP usage (must be using PAP ≥ 4 hours per night on 70% of nights).
- New onset decompensated heart failure or new stroke or TIA in an individual treated with PAP therapy
- PAP machine download demonstrates elevated AHI with return of symptoms.
- Results of previous medically necessary sleep test were inadequate and not diagnostic due to limited sleep time or other specified variables. Technically inadequate HSAT recordings lack a minimum of 4 hours of oximetry and flow data.

Re-assessment of Suspected Narcolepsy or Idiopathic Hypersomnia (SL-2.6.3)

- Reassessment of suspected narcolepsy or idiopathic hypersomnia with a repeat CPT[®] 95810/CPT[®] 95805 can be considered if previous testing did not confirm the diagnosis but clinical suspicion is still present despite treatment, or due to a change in symptoms (e.g. development of sleep paralysis, cataplexy, hypnagogic hallucinations or worsening hypersomnolence).
 - For individuals with OSA on PAP, CPT[®] 95811 or CPT[®] 95810 can be used per **PSG and Multiple Sleep Latency Testing (excessive sleepiness) (SL-2.3)**.

Diagnostic Testing Pre- and Post-Hypoglossal Nerve Stimulator Implantation (SL-2.8)

SL.ST.208.A
v1.0.2023

General Information

A hypoglossal nerve stimulator is a surgically implanted device that delivers stimulating electrical pulses to the hypoglossal nerve, which controls upper airway musculature. With a sensing lead, the device permits synchronization with ventilatory effort. The Stimulation Treatment for Apnea Reduction (STAR) trial was a prospective, multicenter trial of 126 participants with a body mass index (BMI) less than 32, moderate to severe obstructive sleep apnea (AHI 20-50), and difficulty tolerating/adhering to CPAP. Participants, who served as their own control, experienced a significant reduction in Apnea Hypopnea Index with hypoglossal nerve stimulation (68% decrease) and oxygen desaturation index (70% decrease) at 12 months, as well as a reduction in self-reported outcomes at 12 and 24 months. These improvements were maintained at 3, 4, and 5 years. During the trial, a response to hypoglossal nerve stimulation was defined as a reduction of AHI by at least 50% from baseline and an AHI of less than 20 events per hour at one year. A prospective, single arm study conducted in Germany utilized an inclusion criteria of AHI of 15 to 65 per hour and BMI less than 35 kg/m². Significant reduction in AHI was achieved with median AHI decreasing from 28/h to 8.3/h at 6 months and sustained improvement at one year. In June 2017, the Food and Drug administration revised the criteria to include individuals with AHI between 15 and 65. Retrospectively, no differences have been found for post-operative AHI, oxygen saturation nadir, daytime sleepiness or surgical success with BMI greater than or less than 32.

Indications

PSG (CPT® 95810) is indicated for the following:

Pre-implantation

See also **Background and Supporting Information** below

No prior sleep testing:

- Individuals with a high pre-test likelihood for moderate to severe obstructive sleep apnea who have not undergone prior sleep testing should undergo home sleep apnea testing, if appropriate per guidelines, and a PAP trial before consideration of facility testing for possible hypoglossal nerve stimulator implantation. Please see sections **General Guidelines (SL-1.0): Site of care for sleep testing requests (home versus facility)**, **Home Sleep Testing (HSAT) Indication (SL-2.1)**, prior sections in **In-Laboratory Polysomnography - OSA Indications (SL-2.2)**, and **In-Laboratory Polysomnography - Other**

Indications (SL-2.2.1) for guidelines for individuals who have not undergone prior testing.

Prior diagnosis of OSA based on polysomnography:

- Individuals who have recently undergone polysomnography (within 24 months), do not need a repeat study unless there have been changes in weight or symptoms to suggest a clinically significant change in sleep study results. In the setting of recent significant changes in weight or symptoms, repeat polysomnography (CPT® 95810) could be considered if the following criteria are met (**BOTH**):
 - BMI <35
 - Previous intolerance to CPAP and/or bi-level PAP during a minimum of one-month trial

Prior diagnosis of OSA based on home sleep apnea testing:

- In the setting of a known diagnosis of obstructive sleep apnea based on home sleep apnea testing, the following criteria must be met prior to performance of polysomnography (CPT® 98510) for pre-implantation evaluation (**ALL**):
 - BMI <35
 - AHI or REI <65 on home sleep testing
 - Intolerance to CPAP and/or bi-level PAP during a minimum of one-month trial

Post-implantation:

- As per the clinical trial, polysomnography (CPT® 95810) can be performed post-implantation (at approximately 2-3 months post-implantation) for the purpose of titrating device parameters and determining therapeutic stimulation settings.
- Following the initial post-implantation study, retesting (either HSAT or PSG CPT® 95810) can be performed if any of the following occurs:
 - Clinical response is insufficient despite regular treatment with hypoglossal nerve stimulator.
 - Substantial weight gain with return of symptoms.
 - Results of previously medically necessary sleep test were inadequate due to limited sleep time or other variables.
- Following the initial post-implantation study, the choice of home sleep apnea testing or facility polysomnography for repeat testing will be based on indications and co-morbidities outlined in **General Guidelines (SL-1.0)**, **Home Sleep Testing (HSAT) Indication (SL-2.1)**, prior sections in **In-Laboratory Polysomnography- OSA Indications (SL-2.2)**, and **In-Laboratory Polysomnography- Other Indications (SL-2.2.1)**.

Treatment of Sleep- Related Breathing Disorders

Treatment - General Information

SL.TX.101.A

v1.0.2023

Treatment Coding (SL-4.1.1)

The codes for treatment of obstructive sleep apnea include HCPCS and CPT®.

Treatment Codes

Treatment codes	HCPCS and CPT®
Continuous airway pressure (CPAP/APAP) device	E0601
Respiratory assist device, bi-level pressure (BiPAP) capability, WITHOUT backup rate feature, used with noninvasive interface, e.g. nasal or facial mask (intermittent assist device with continuous positive airway pressure device)	E0470
Respiratory assist device, bi-level pressure (BiPAP) capability (including ASV), WITH backup rate feature, used with noninvasive interface, e.g. nasal or facial mask (intermittent assist device with continuous positive airway pressure device)	E0471
Respiratory assist device, bi-level pressure (BiPAP) capability, WITH backup rate feature, used with invasive interface, e.g. tracheostomy tube (intermittent assist device with continuous positive airway pressure device)	E0472
Humidifier, non-heated, used with positive airway pressure (CPAP/BiPAP/APAP) device	E0561
Humidifier, heated, used with positive airway pressure (CPAP/BiPAP/APAP) device	E0562
Tubing with heating element	A4604
Combination oral/nasal mask	A7027
Replacement oral cushion combo mask	A7028
Replacement nasal pillow comb mask	A7029

Treatment codes	HCPCS and CPT®
CPAP full face mask	A7030
Replacement facemask interface	A7031
Replacement nasal cushion	A7032
Replacement nasal pillows	A7033
Nasal interface (mask or cannula type) used with PAP device	A7034
Positive airway pressure headgear	A7035
Positive airway pressure chinstrap	A7036
Positive airway pressure tubing	A7037
Positive airway pressure filter	A7038
Filter, non-disposable w/ PAP	A7039
PAP oral interface	A7044
Replace exhalation port	A7045
Replacement, water chamber, PAP device	A7046
Monitoring feature/device, stand-alone or integrated, any type, includes all accessories, components and electronics, not otherwise classified (this code relates to Compliance and the data download of a patient's PAP therapy).	A9279
CPAP initiation and management (code is used to report the initiation and instruction when a patient begins therapy)	CPT 94660

PAP - General Requirements (SL-4.1)

- Valid sleep testing demonstrates a positive diagnosis of one or more of the following sleep-related breathing disorders:

Obstructive sleep apnea (OSA) as measured by valid testing is defined as:

- The apnea-hypopnea index (AHI), respiratory disturbance index (RDI), respiratory event index (REI) is ≥ 15 events per hour; or
- The AHI, RDI, or REI is ≥ 5 and < 15 events per hour and documentation of:
 - Symptoms of sleepiness, nonrestorative sleep, fatigue, or insomnia
 - Report of awakening with breath holding, gasping, or choking
 - Bed partner or other observer reports habitual snoring, breathing interruptions, or both during sleep

- Hypertension, a mood disorder, cognitive dysfunction, coronary artery disease, congestive heart failure, atrial fibrillation, type 2 diabetes mellitus, or stroke.

Central sleep apnea (CSA) defined as (all):

- Presence of one or more of the following:
 - Sleepiness
 - Difficulty initiating or maintaining sleep, frequent awakenings or non-restorative sleep
 - Awakening short of breath
 - Snoring
 - Witnessed apneas
- Central apnea and/or central hypopnea index ≥ 5 per hour
- Central hypopnea/apneas are $>50\%$ of the total number of apneas and hypopneas

Central sleep apnea (CSA) with Cheyne-Stokes Respiration defined as (all):

- Presence of one or more of the following:
 - Sleepiness
 - Difficulty initiating or maintaining sleep, frequent awakenings or non-restorative sleep
 - Awakening short of breath
 - Snoring
 - Witnessed apneas
 - Known atrial fibrillation/flutter, congestive heart failure, or a neurological disorder
- Central apnea and/or central hypopnea index ≥ 5 per hour
- Central hypopnea/apneas are $>50\%$ of the total number of apneas and hypopneas
- Pattern of breathing meets criteria for Cheyne-Stokes breathing i.e. periodic breathing characterized by the waxing and waning of respiratory effort and airflow (episodes of ≥ 3 central apneas and/or central hypopneas separated by a crescendo and decrescendo change in breathing amplitude with a cycle length of ≥ 40 seconds).

Treatment Emergent Central Sleep Apnea defined as (both):

- Diagnostic PSG demonstrates ≥ 5 predominantly obstructive respiratory events per hour of sleep (obstructive or mixed apneas, hypopneas, respiratory effort related arousals [RERAs]).
- PSG during use of positive airway pressure without a backup rate shows improvement of obstructive events and emergence or persistence of central apneas/hypopneas with (both):

- Central apnea and/or hypopnea index ≥ 5 per hour
- Central hypopnea/apneas are $\geq 50\%$ of the total number of apneas and hypopneas

Sleep-related hypoventilation defined as when either of the following occur during sleep:

- Increase in arterial PCO_2 , transcutaneous PCO_2 , or end-tidal PCO_2 to a value >55 mmHg for ≥ 10 minutes
- There is a ≥ 10 mmHg increase in arterial PCO_2 , transcutaneous PCO_2 , or end-tidal PCO_2 during sleep (compared to awake supine value) to a value >50 mmHg for ≥ 10 minutes

Results from a sleep study are used to determine the type of sleep apnea, the severity of the breathing disorder, and the most appropriate form of treatment. Depending on these factors, a variety of PAP devices, and location of titration of therapy, can be considered.

Positive airway pressure is the treatment of choice for the various forms of sleep apnea. Positive airway pressure (PAP) is produced by a flow generator and applied to the airway through nasal, oral, or oronasal mask interfaces

Current Practice Recommendations for CSA with CHF (SL-4.1.2)

- CPAP: Standard
- Bi-level PAP (including ST): Option if CPAP ineffective
- ASV:
 - OPTION if EF $>45\%$ or mild central sleep apnea syndrome
 - STANDARD AGAINST if EF $\leq 45\%$ with moderate/severe central sleep apnea syndrome

Positive Airway Pressure Devices (SL-4.2)

SL.TX.102.A

v1.0.2023

Auto-titration of Positive Airway Pressure (APAP) in Unattended Setting (SL-4.2.1)

Initial Assessment of PAP Pressure with APAP

Please see sections referring to Initiation of E0601 and Authorization of purchase for E0601 in **Continuous Positive Airway Pressure (CPAP) or Automatic Positive Airway Pressure (APAP) Therapy (SL 4.2.2)**

Repeat Assessment of PAP Pressure with APAP

E0601 APAP Treatment (for the purpose of determining appropriate PAP pressure for individuals currently on fixed pressure treatment with CPAP) can be considered for the following (ALL):

- A positive diagnosis of OSA, as measured by HSAT or PSG as defined in **General Guidelines (SL-1.0)**
- Attempted compliance with fixed CPAP (≥ 4 hours per night on 70% of nights) has not adequately treated signs and symptoms of OSA.
- Persistent symptoms or unimproved AHI/RDI in individual currently on fixed CPAP therapy, when the individual and/or their caregiver has received the following from the treating physician or supplier of the PAP device:
 - Instruction in the proper use and care of the equipment
 - Mask re-fitting or adjustment if necessary
 - Education for proper use of PAP accessories

Continuous Positive Airway Pressure (CPAP) or Automatic Positive Airway Pressure (APAP) Therapy (SL-4.2.2)

Initiation of HCPCS E0601 PAP Therapy and establishing compliance (All of the following):

- A positive diagnosis of OSA or central sleep apnea, as measured by HSAT or PSG as defined in **General Guidelines (SL-1.0) Auto-titration of Positive Airway Pressure (APAP) in Unattended Setting (SL-4.2.1)**
- The individual and/or their caregiver have received instruction from the treating physician and supplier of the CPAP device and accessories in the proper use and care of the equipment
- A compliance support plan between the treating physician and DME supplier has been established

Authorization for equipment purchase:

- PAP device must be used ≥ 4 hours per night on 70% of nights during a consecutive thirty (30) day period anytime during the first three (3) months of initial usage.
- Individual has regular follow-up to evaluate symptoms

Extension of establishing compliance with E0601 (All of the following):

- Individual history includes one of the following:
 - Failure to resolve symptoms or unimproved AHI during initial compliance period, OR
 - Inconsistent usage of device related to improper fit, lack of education, intolerance of PAP therapy, or device malfunction
- Individual has received from the ordering physician or supplier of the PAP device in the past 30 days (all of the following):
 - Instruction in the proper use and care of the equipment
 - Mask refitting or adjustment if necessary
 - Education for proper use of PAP accessories

Replacement APAP/CPAP HCPCS E0601 device (All of the following):

- Continued resolution of symptoms and improved AHI on therapy
- Device consistently used ≥ 4 hours per night on 70% of nights
- Device is not operating
- DME supplier has physically evaluated the device and determined that it is unable to be repaired
- Device to be replaced is no longer covered under a warranty

Bi-level Positive Airway Pressure- Spontaneous Mode (SL-4.2.3)

Initiation of HCPCS E0470 PAP Therapy and Establishing Compliance (ALL):

- One of the following medical conditions must be documented in the individual's record:
 - Obstructive sleep apnea when (**both**):
 - Diagnosis of OSA as defined in **General Guidelines (SL-1.0)**, and
 - CPAP (HCPCS E0601) has been tried and proven either ineffective or not tolerated, based on a therapeutic trial conducted in either a facility or a home setting
 - Central sleep apnea diagnosis when (**both**):
 - Valid testing meeting criteria for central sleep apnea as defined in **General Guidelines (SL-1.0)**
 - Significant improvement of the central events with the use of HCPCS E0470 device on the settings that will be prescribed for initial use at home.
 - Treatment-Emergent Central Sleep Apnea when (**both**):
 - Valid testing meeting criteria for treatment emergent central sleep apnea as defined in **General Guidelines (SL-1.0)**

- Significant improvement of the central events with the use of HCPCS E0470 device on the settings that will be prescribed for initial use at home.
- Neuromuscular disease or restrictive thoracic disorder when (**both**):
 - Neuromuscular disease (e.g. amyotrophic lateral sclerosis) or a severe thoracic cage abnormality (e.g. severe kyphoscoliosis, post-thoracoplasty), AND
 - One of the following:
 - Symptoms (orthopnea, dyspnea, morning headache, daytime sleepiness, unrefreshing sleep) with vital capacity <80%
 - An arterial blood gas PaCO₂, done while awake and breathing the individual's prescribed FiO₂, is ≥45 mmHg
 - End-tidal CO₂, transcutaneous CO₂, or venous blood gas ≥50 mmHg
 - Sleep oximetry, or sleep testing, demonstrates oxygen saturation ≤88% for ≥5 minutes of nocturnal recording time or ≤90% for ≥5% of the night
 - Vital Capacity (Forced Vital Capacity or Slow Vital Capacity) ≤50% of predicted
 - Maximal inspiratory pressure ≤60 cm of H₂O
 - Sniff nasal inspiratory pressure ≤40 cm of water
- Severe COPD when (**both**):
 - An arterial blood gas PaCO₂ is ≥52 mm Hg done while awake and breathing the individual's prescribed FiO₂
 - OSA and CPAP treatment have been considered and ruled out (formal sleep testing not required)
- Obesity-hypoventilation syndrome:
 - Obesity hypoventilation syndrome defined as BMI >30 kg/m² plus awake arterial blood gas, end-tidal PCO₂ (ET PCO₂), or transcutaneous PCO₂ with PCO₂ >45 OR venous blood gas showing a PCO₂ ≥50 mmHg
- Other hypoventilation syndrome (defined awake arterial blood gas, end-tidal PCO₂ (ET PCO₂), or transcutaneous PCO₂ with PCO₂ >45 OR venous blood gas showing a PCO₂ ≥50 mmHg) when it is due to **one** of the following:
 - Hypoventilation due to central respiratory drive depression (associated with medication, substance use, or other medical conditions).
 - Hypoventilation due to respiratory system failure other than COPD or neuromuscular disease/thoracic cage abnormalities (for example end-stage interstitial lung disease)
- Sleep Related hypoventilation as defined in **General Guidelines (SL-1.0)**

Continued HCPCS E0470 Therapy After Initial 3 Months:

If indication is sleep disordered breathing categorized as OSA, central sleep apnea or treatment emergent central sleep apnea:

- PAP device must be used ≥4 hours per night on 70% of nights during a consecutive thirty (30) day period anytime during the first three (3) months of initial usage.

- Individual has regular follow-up to evaluate symptoms

For ALL other indications:

- Individual has been re-evaluated by treating practitioner
- Documentation of continued use, benefit, and medical need

Replacement Bilevel PAP HCPCS E0470 Device

If indication is sleep disordered breathing categorized as OSA, central sleep apnea or treatment emergent central sleep apnea (all of the following):

- Continued resolution of symptoms and improved AHI/RDI on therapy
- Device consistently used ≥ 4 hours per night on 70% of nights
- Device is not operating
- DME supplier has physically evaluated the device and determined that it is unable to be repaired
- Device to be replaced is no longer covered under a warranty

For ALL other indications:

- Continued resolution of symptoms
- Device is not operating
- DME supplier has physically evaluated the device and determined that it is unable to be repaired
- Device to be replaced is no longer covered under a warranty

Bi-level Positive Airway Pressure: Spontaneous/timed Mode (SL-4.2.4)

Initiation of HCPCS E0471 PAP Therapy and Establishing Compliance (All):

- One of the following medical conditions must be documented in the patient's record:
 - Central sleep apnea diagnosis (either primary central sleep apnea or central sleep apnea with Cheyne-Stokes Breathing) when:
 - Valid testing meeting criteria for central sleep apnea as defined in **PAP - General Requirements (SL-4.1) General Guidelines (SL-1.0)**
 - Significant improvement of the central events with the use of HCPCS E0471 device on the settings that will be prescribed for initial use at home
 - See **Adaptive Servo Ventilation (ASV) Therapy (SL-4.2.6)** for guidelines specific to adaptive servo ventilation (ASV)
 - Treatment-Emergent Central Sleep Apnea when
 - Valid testing meeting criteria for treatment-emergent central sleep apnea as defined in **General Guidelines (SL-1.0)**
 - Significant improvement of the central events with the use of HCPCS E0471 device on the settings that will be prescribed for initial use at home
 - Neuromuscular disease or restrictive thoracic disorder:
 - Neuromuscular disease (e.g. amyotrophic lateral sclerosis) or a severe thoracic cage abnormality (e.g. severe kyphoscoliosis, post-thoracoplasty) and **one** of the following:

- Symptoms (orthopnea, dyspnea, morning headache, daytime sleepiness, unrefreshing sleep) with vital capacity <80%
- An arterial blood gas PaCO₂, done while awake and breathing the individual's prescribed FiO₂, is ≥45 mm Hg
- End-tidal CO₂, transcutaneous CO₂, or venous blood gas ≥50
- Sleep oximetry or sleep testing demonstrates oxygen saturation ≤88% for ≥5 minutes of nocturnal recording time or ≤90% for ≥5% of the night
- Vital Capacity (Forced Vital Capacity or Slow Vital Capacity) ≤50% of predicted
- Maximal inspiratory pressure ≤60 cm of H₂O
- Sniff nasal inspiratory pressure ≤40 cm of water
- Severe COPD:
 - An arterial blood gas PaCO₂ is ≥52 mm Hg done while awake and breathing the individual's prescribed FiO₂
 - OSA and CPAP treatment have been considered and ruled out (formal sleep testing not required)
- Obesity hypoventilation syndrome (defined as BMI >30 kg/m² plus awake arterial blood gas, end-tidal PCO₂ (ET PCO₂), or transcutaneous PCO₂ with PCO₂ >45 OR venous blood gas showing a PCO₂ ≥50 mmHg) when any:
 - Individual was recently hospitalized with acute-on-chronic respiratory failure with persistent awake hypoventilation at the time of discharge
 - Individual has been diagnosed with OSA that is not severe (AHI or RDI <30)
 - Individual has been diagnosed with severe OSA (AHI, RDI ≥30) and has ongoing hypoventilation despite 3 months of compliant CPAP or bilevel HCPCS E0470 use
- Other hypoventilation syndrome (defined awake arterial blood gas, end-tidal PCO₂ (ET PCO₂), or transcutaneous PCO₂ with PCO₂ >45 OR venous blood gas showing a PCO₂ ≥50 mmHg) when it is due to one of the following:
 - Hypoventilation due to central respiratory drive depression (associated with medication, substance use, or other medical conditions)
 - Hypoventilation due to respiratory system failure other than COPD or neuromuscular disease/thoracic cage abnormalities (for example end-stage interstitial lung disease).
- Sleep-related hypoventilation as defined in **General Guidelines (SL-1.0)**

Continued HCPCS E0471 Therapy After Initial 3 Months:

If the indication is sleep disordered breathing categorized as OSA, central sleep apnea or treatment emergent central sleep apnea:

- PAP device must be used ≥4 hours per night on 70% of nights during a consecutive thirty (30) day period anytime during the first three (3) months of initial usage.
- Individual has regular follow-up to evaluate symptoms

For ALL other indications:

- Individual has been re-evaluated by treating practitioner
- Documentation of continued use, benefit, and medical need

Replacement HCPCS E0471 Device

If indication is sleep disordered breathing categorized as OSA, central sleep apnea or treatment emergent central sleep apnea (All of the following):

- Continued resolution of symptoms and improved AHI on therapy
- Device consistently used ≥ 4 hours per night on 70% of nights
- Device is not operating
- DME supplier has physically evaluated the device and determined that it is unable to be repaired
- Device to be replaced is no longer covered under a warranty

For all other indications:

- Continued resolution of symptoms
- Device is not operating
- DME supplier has physically evaluated the device and determined that it is unable to be repaired
- Device to be replaced is no longer covered under a warranty

Heated and Non-heated Humidifier (SL-4.2.5)

Initial Set-Up (Heated HCPCS E0562 and Non-heated HCPCS E0561)

All of the following:

- When requested by treating physician and PAP device (HCPCS E0470/471 or E0601) has been approved
- No previous humidifier has been provided

Replacement Heated or Non-heated Humidifier (HCPCS E0562 or E0561) Device

All of the following:

- Continued resolution of symptoms and improved AHI on therapy
- Device consistently used ≥ 4 hours per night on 70% of nights
- Device is not operating
- DME supplier has physically evaluated the device and determined that it is unable to be repaired
- Device to be replaced is no longer covered under a warranty

Adaptive Servo Ventilation (ASV) Therapy (SL-4.2.6)

Initiation of ASV Therapy (HCPCS E0471) and Establishing Compliance

- One of the following medical conditions must be documented in the individual's record:
 - Central sleep apnea (including Cheyne-Stokes breathing):

- Diagnosis of central sleep apnea as defined in **PAP - General Requirements (SL-4.1) General Guidelines (SL-1.0)**
- Mild CSA, **or** Moderate to Severe CSA with EF >45%. **OR**
- Treatment Emergent Central Sleep Apnea
 - Diagnosis of treatment emergent central sleep apnea as defined in **General Guidelines (SL-1.0)**
- Central Sleep Apnea Syndrome due to opioid or substance use:
 - CPAP has been shown to be ineffective following a reasonable treatment attempt/trial, **AND**
 - Opioid therapy cannot be reduced or discontinued, and
 - Central hypopnea/apneas are >50% of total, and
 - Central apnea index ≥5 per hour.

Continued ASV Therapy HCPCS E0471 After Initial 3 Months:

All of the following:

- PAP device must be used ≥4 hours per night on 70% of nights during a consecutive thirty (30) day period anytime during the first three (3) months of initial usage.
- Individual has regular follow-up to evaluate symptoms

Replacement ASV HCPCS E0471 Device

All of the following:

- Continued resolution of symptoms and improved AHI on therapy
- Device consistently used ≥4 hours per night on 70% of nights
- Device is not operating
- DME supplier has physically evaluated the device and determined that it is unable to be repaired
- Device to be replaced is no longer covered under a warranty

Continuous Positive Airway Pressure Ventilation (CPAP), Initiation, and Management (SL-4.2.7)

- Physician face-to-face service addressing PAP usage (CPT® 94660):
 - Physician application or adjustment of mask or pressure titration or PAP related service; **and**
 - Service cannot be adequately provided by a certified or registered respiratory therapist, licensed clinician, or sleep technologist when within scope of practice per state regulations; **and**
 - Another evaluation and management service is not performed.

Continuous PAP, Bilevel PAP, or Automatic PAP Loaner Rental (SL-4.2.8)

CPAP, APAP, or BPAP loaner rental for up to 30 days is considered medically necessary when there is a description of the device malfunction and documentation that equipment has been sent for repair/assessment

Oral Appliances for the Treatment of Obstructive Sleep Apnea (SL-9)

SL.TX.108.A

v1.0.2023

Coding

Treatment Codes for Oral Appliances

Treatment Description	HCPCS
Oral device/appliance used to reduce upper airway collapsibility, adjustable or non-adjustable, prefabricated, includes fitting and adjustment	E0485
Oral device/appliance used to reduce upper airway collapsibility, adjustable or non-adjustable, custom fabricated, includes fitting and adjustment	E0486
Non-covered item or service (Used for oral appliances that do not incorporate all of the criteria as set forth in the Policy Article; tongue-retaining or tongue-positioning devices; and devices that are used only to treat snoring without a diagnosis of obstructive sleep apnea)	A9270
Oral device/appliance used to reduce upper airway collapsibility, without fixed mechanical hinge, custom fabricated, includes fitting and adjustment	K1027

Custom-fit Oral Appliances (SL-9.1)

General Information (SL-9.1.1)

- Continuous positive airway pressure is the gold standard for treatment of obstructive sleep apnea. Oral appliances are an alternative treatment option for individuals who are intolerant to PAP therapy or who prefer an alternative to CPAP. Subjective adherence and side effect profile are improved with oral appliances compared to CPAP. However, CPAP results in a greater reduction in respiratory events (AHI, RDI or REI) and greater improvement in oxygen saturation. Oral appliances significantly reduce apnea hypopnea index regardless of severity of obstructive sleep apnea, although individuals with moderate to severe OSA are more likely to achieve their target AHI with CPAP compared to the oral appliance. Both oral appliances and CPAP improve excessive daytime sleepiness, quality of life, and cognitive performance.

- The AASM task force indicates that use of oral appliances in individuals with severe obstructive sleep apnea should be reserved for clinical scenarios where CPAP is not tolerated or does not provide benefit.
- The most common oral appliance utilized for the treatment of obstructive sleep apnea is the mandibular advancement device. There was insufficient evidence for the AASM task force to assess the efficacy of tongue retaining devices, which are also less well tolerated. Custom-made mandibular advancement devices appliances are more effective for symptom improvement, compliance and tolerance compared to ready-made appliances.

Custom-fit Oral Appliances - Indications (SL-9.1.2)

Custom fit oral appliances are indicated when **all** of the following criteria are met:

- A positive diagnosis of obstructive sleep apnea on a covered sleep study as demonstrated by one of the following:
 - AHI, RDI, or REI ≥ 5 <15 events per hour over the duration of the sleep test and documentation of:
 - Excessive daytime sleepiness, impaired cognition, mood disorders, or insomnia, or
 - Hypertension, ischemic heart disease, or history of stroke; OR
 - AHI, RDI, or REI ≥ 15 per hour over the duration of the sleep test
- Documentation of:
 - Intolerance or lack of benefit after a minimum of a one-month trial of PAP, or
 - PAP is contraindicated for the individual as documented by the treating physician, or
 - Individual prefers alternative treatment to CPAP (after a discussion of treatment options with the treating physician) AND AHI, RDI, or REI is <30.
- The device is ordered by the treating physician following a face to face visit and review of sleep study results
- A qualified licensed dentist (DDS and DMD) provides a custom device and follow-up to assess for dental-related side effects.

Note Oral devices to prevent temporomandibular joint (TMJ) disorders are considered experimental, investigational, or unproven (EIU).

Replacement Custom Fit Oral Appliances (SL-9.1.3)

Custom fit oral appliances can be replaced when **all** of the following criteria are met:

- Device is being used consistently with continued resolution of symptoms
- The device is ordered by the treating physician following a face to face visit
- A qualified licensed dentist (DDS and DMD) provides a custom device and follow-up to assess for dental-related side effects.
- One of the following applies

- Device has been lost or irreparably damaged due to a specific accident, natural disaster or breakdown of device from regular use
- Device is greater than 5 years old

Pediatric Oral Appliances (SL-9.2)

- Oral appliances may be considered medically necessary in the treatment of children with craniofacial anomalies with signs and symptoms of OSA.
- Oral appliances are considered EIU for the treatment of OSA in children not meeting the above criteria

Positive Airway Pressure - Accessories and Supplies (SL-4.3)

SL.TX.103.A

v1.0.2023

PAP Masks and Parts (SL-4.3.1)

Combination oral/nasal mask, used with PAP, each (HCPCS A7027):

- Frequency: 1 per 3 months.
- No other PAP mask ordered (i.e., HCPCS A7030, A7034, or A7044)
- Provided data meets compliance criteria (device used ≥ 4 hours per night on 70% of nights), with 30 continuous days of compliance data provided from the time period within 6 months prior to the date of request

Oral cushion used with combination oral/nasal mask, replacement only (HCPCS A7028):

- Only compatible with HCPCS A7027 mask.
- Frequency: 2 per month.
- Provided data meets compliance criteria (device used ≥ 4 hours per night on 70% of nights), with 30 continuous days of compliance data provided from the time period within 6 months prior to the date of request

Nasal pillows used with combination oral/nasal mask, replacement only, pair (HCPCS A7029):

- Only compatible with HCPCS A7027 mask.
- Frequency: 2 per month.
- Provided data meets compliance criteria (device used ≥ 4 hours per night on 70% of nights), with 30 continuous days of compliance data provided from the time period within 6 months prior to the date of request

Full face mask used with PAP, each (HCPCS A7030):

- Frequency: 1 per 3 months.
- No other PAP mask ordered (i.e., HCPCS A7027, A7034, or A7044).
- Provided data meets compliance criteria (device used ≥ 4 hours per night on 70% of nights), with 30 continuous days of compliance data provided from the time period within 6 months prior to the date of request

Full face mask interface replacement, each (HCPCS A7031):

- Only compatible with HCPCS A7030 mask.
- Frequency: 2 per month.
- Provided data meets compliance criteria (device used ≥ 4 hours per night on 70% of nights), with 30 continuous days of compliance data provided from the time period within 6 months prior to the date of request

Nasal interface (mask or cannula type) used with PAP, each (HCPCS A7034):

- Frequency: 1 per 3 months.
- No other PAP mask ordered (i.e., HCPCS A7027, A7030, or A7044)
- Provided data meets compliance criteria (device used ≥ 4 hours per night on 70% of nights), with 30 continuous days of compliance data provided from the time period within 6 months prior to the date of request

Cushion for use on nasal mask interface, replacement only, each (HCPCS A7032):

- Only compatible with HCPCS A7034 mask.
- Frequency: 2 per month.
- Provided data meets compliance criteria (device used ≥ 4 hours per night on 70% of nights), with 30 continuous days of compliance data provided from the time period within 6 months prior to the date of request

Nasal pillow for use on nasal cannula type interface, replacement only, pair (HCPCS A7033):

- Only compatible with HCPCS A7034 mask.
- Frequency: 2 per month.
- Provided data meets compliance criteria (device used ≥ 4 hours per night on 70% of nights), with 30 continuous days of compliance data provided from the time period within 6 months prior to the date of request

Oral interface used with PAP, each (HCPCS A7044):

- Frequency: 1 per 6 months.
- No other PAP mask ordered (i.e., HCPCS A7027, A7030, or A7034).
- Provided data meets compliance criteria (device used ≥ 4 hours per night on 70% of nights), with 30 continuous days of compliance data provided from the time period within 6 months prior to the date of request

Headgear used with PAP, each (HCPCS A7035):

- Frequency: 1 per 6 months.
- Provided data meets compliance criteria (device used ≥ 4 hours per night on 70% of nights), with 30 continuous days of compliance data provided from the time period within 6 months prior to the date of request

Chinstrap used with PAP, each (HCPCS A7036):

- Frequency: 1 per 6 months.
- Provided data meets compliance criteria (device used ≥ 4 hours per night on 70% of nights), with 30 continuous days of compliance data provided from the time period within 6 months prior to the date of request

Positive Airway Pressure Tubing (SL-4.3.2)

Tubing with integrated heating element for use with PAP devices, each (HCPCS A4604):

- Frequency: 1 per 3 months.
- No other PAP tubing ordered (i.e., HCPCS A7037).

- Provided data meets compliance criteria (device used ≥ 4 hours per night on 70% of nights), with 30 continuous days of compliance data provided from the time period within 6 months prior to the date of request

Tubing used with PAP devices, each (HCPCS A7037):

- Frequency: 1 per 3 months.
- No other PAP tubing ordered (i.e., HCPCS A4604).
- Provided data meets compliance criteria (device used ≥ 4 hours per night on 70% of nights), with 30 continuous days of compliance data provided from the time period within 6 months prior to the date of request

Positive Airway Pressure Device Filters (SL-4.3.3)

Filter, disposable, used with PAP devices (HCPCS A7038):

- Frequency: 2 per 1 month.
- Provided data meets compliance criteria (device used ≥ 4 hours per night on 70% of nights), with 30 continuous days of compliance data provided from the time period within 6 months prior to the date of request

Filter, non-disposable, used with PAP devices (HCPCS A7039):

- Frequency: 1 per 6 months.
- Provided data meets compliance criteria (device used ≥ 4 hours per night on 70% of nights), with 30 continuous days of compliance data provided from the time period within 6 months prior to the date of request

Miscellaneous Positive Airway Pressure Supplies (SL-4.3.4)

Exhalation port with or without swivel used with accessories for positive airway devices, replacement only (HCPCS A7045):

- Frequency: 1 per 6 months.
- Provided data meets compliance criteria (device used ≥ 4 hours per night on 70% of nights), with 30 continuous days of compliance data provided from the time period within 6 months prior to the date of request

Water chamber for humidifier, used with positive airway pressure device, replacement, each (HCPCS A7046):

- Frequency: 1 per 6 months.
- Provided data meets compliance criteria (device used ≥ 4 hours per night on 70% of nights), with 30 continuous days of compliance data provided from the time period within 6 months prior to the date of request

Pediatric Guidelines

Pediatric Sleep Guidelines (SL-3)

SL.ST.103.A

v1.0.2023

Proper Uses of Polysomnography in Pediatric Patients (SL-3.1)

Use of home/portable sleep studies for the diagnosis of OSA in children (17 years and younger) is considered experimental, investigational, or unproven at this time. Limited portable studies, or studies in the home, are not sufficient to exclude OSA in a child with suggestive symptoms, nor can they reliably assess the severity of the disorder due to lack of CO₂ monitoring and arousal monitoring among other factors. Overnight polysomnography (CPT[®] 95782 for children less than 6 years of age, CPT[®] 95810 for children 6 years of age or greater) remains the diagnostic "gold-standard" in children with OSA.

- Overnight polysomnography (PSG) in a sleep lab setting is appropriate for children (17 years of age and younger) for the diagnosis of **any** of the following conditions:
 - Sleep related breathing disorders, such as obstructive sleep apnea, upper airway resistance syndrome
 - A pediatric diagnostic sleep study can be performed as a screening for OSA in children with Down syndrome even without symptoms of obstructive sleep apnea
 - Narcolepsy or idiopathic hypersomnia (generally would be performed in conjunction with a multiple sleep latency test)
 - Congenital central alveolar hypoventilation syndrome or sleep related hypoventilation due to neuromuscular disorders or chest wall deformities
 - A pediatric positive airway pressure titration study can be performed without a baseline sleep study for sleep-related hypoventilation under the following circumstances:
 - Documented neuromuscular disease such as Duchenne muscular dystrophy or spinal muscular atrophy
 - Individuals being discharged from the hospital determined to have sleep-related hypoventilation during hospitalization.
 - Atypical or potentially injurious parasomnias
 - Suspected nocturnal seizure activity
 - Repeat PSG following adenotonsillectomy if there are residual symptoms of OSA or to assess for residual OSA
 - Polysomnography of primary sleep apnea of infancy. (when other medical disorders have been ruled out)
 - Suspected periodic limb movement disorder
- Overnight PSG in a sleep lab is appropriate for children with concern for sleep disordered breathing as evidenced by symptoms which may include:
 - Habitual snoring

- Restless or disturbed sleep
- Behavioral disturbance, or learning disorders including deterioration in academic performance, hyperactivity, or attention deficit disorder
- Unexplained enuresis
- Frequent awakenings
- Witnessed apnea
- Labored breathing during sleep
- Headaches on awakening
- Hypertension
- Secondary enuresis during sleep (enuresis after at least 6 months of continence)
- Excessive daytime somnolence, or altered mental status unexplained by other conditions or etiologies
- Polycythemia unexplained by other conditions or etiologies
- Cor pulmonale unexplained by other conditions or etiologies
- Documentation of one of the following, with provider concern that finding is related to obstructive sleep apnea:
 - Failure to thrive or growth impairment
 - Underweight or Overweight
 - Tonsillar hypertrophy with symptoms of OSA (any of the symptoms listed above)
 - Adenoidal facies with symptoms of OSA (any of the symptoms listed above)
- Polysomnography when there is clinical evidence of a sleep related breathing disorder in infants who have experienced an apparent life-threatening event (ALTE).
- Repeat overnight polysomnography in a sleep lab setting for children is considered medically necessary in **any** of the following circumstances:
 - Initial polysomnography is inadequate or non-diagnostic and the accompanying caregiver reports that the child's sleep and breathing patterns during the testing were not representative of the child's sleep at home;
 - For positive airway pressure (PAP) titration (CPT® 95783 for children less than 6 years of age, CPT® 95811 for children 6 years of age or greater) in children with obstructive sleep apnea syndrome.
 - A child with previously diagnosed and treated obstructive sleep apnea who continues to exhibit persistent snoring or other symptoms of sleep disordered breathing.
 - To periodically re-evaluate the appropriateness of continuous positive airway pressure (CPAP) setting based on the child's growth pattern or the presence of recurrent symptoms while on CPAP.
 - If obesity was a major contributing factor and significant weight loss has been achieved, repeat testing may be indicated to determine the need for continued therapy.

- Repeat polysomnography to assess for residual OSA following adenotonsillectomy is warranted when **one** of the following is present
 - Residual symptoms of OSA are present in children with mild OSA preoperatively
 - One of the following is present:
 - moderate to severe OSA
 - obesity
 - craniofacial abnormalities that obstruct the upper airway
 - neurological disorders such as Down Syndrome, Prader-Willi, and meningocele
- Polysomnographic normal standards differ between children and adults. Diagnosis of pediatric obstructive sleep apnea is demonstrated by **both** of the following:
 - The presence of one or more of the following
 - Snoring
 - Labored, paradoxical or obstructed breathing during the child's sleep
 - Sleepiness, hyperactivity, behavioral problems, or learning problems
 - PSG demonstrates one or more of the following
 - One or more obstructive apneas, mixed apneas, or hypopneas per hour of sleep
 - A pattern of obstructive hypoventilation defined as at least 25% of total sleep time with hypercapnia ($\text{PaCO}_2 > 50$ mm Hg) in association with one or more of the following: snoring, flattening of the inspiratory nasal pressure waveform, paradoxical thoracoabdominal motion

Pediatric definitions for apneas and hypopneas differ compared with adults

- Pediatric apnea: Drop in peak signal excursion by $\geq 90\%$ of pre-event baseline with an oronasal thermal sensor or alternative apnea sensor (diagnostic) or PAP device flow (titration study) for at least the duration of 2 breaths during the baseline portion of the study (obstructive or mixed events). Note: Duration criteria differ for central events
- Pediatric hypopnea
 - The peak signal excursion drops by $>30\%$ of the pre-event baseline using nasal pressure or alternative hypopnea sensor (diagnostic study) or PAP device flow (titration study) for ≥ 2 breaths
 - There is a $>3\%$ oxygen desaturation from pre-event baseline or the event is associated with an arousal

CPAP in Pediatric Patients (SL-3.2)

- CPAP is indicated when **all** of the following criteria are met:
 - OSA diagnosis has been established by PSG; and
 - Adenotonsillectomy has been unsuccessful or is determined to be clinically inappropriate, or when definitive surgery is indicated but must await complete dental and facial development

Improper Uses of Polysomnography in Pediatric Patients (SL-3.3)

- The peer-reviewed medical literature **does not** support the following:
 - Repeat polysomnography in the follow-up of individuals with obstructive sleep apnea treated with CPAP when symptoms attributable to sleep apnea have resolved
 - Polysomnography in children for **any** of the following:
 - Uncomplicated typical disorders of arousal (eg: night terrors, sleep walking), nightmares, sleeptalking, and bruxism.
 - Routine evaluation of adenotonsillar hypertrophy alone without other clinical signs or symptoms suggestive of obstructive sleep disordered breathing
 - Routine follow-up for children with mild OSA whose symptoms have resolved post-adenotonsillectomy.

Program Exclusions

Sleep Apnea Treatment Program Exclusions (SL-5)

SL.TXS.105.A

v1.0.2023

Experimental, Investigational, or Unproven (SL-5.1)

- Certain therapies may be considered experimental, investigational, or unproven if there is any of the following:
 - A paucity of supporting evidence in the peer reviewed literature
 - The evidence has not matured to exhibit improved health parameters
 - The therapy lacks a collective opinion of support

Note The list below is not comprehensive

- The effectiveness of the following therapies has not been established in the treatment of OSA; these therapies, as well as other therapies not addressed in these guidelines, may be considered experimental, investigational, or unproven:
 - Bongo Rx
 - ULTepap
 - iNAP
 - eXciteOSA (HCPCS K1028 and K1029)
 - Somnera
 - MATRx oral appliance test
- SleepTesting exclusions:
 - Actigraphy (CPT® 95803)
 - Actigraph devices, worn on the wrist, record movement and utilize rest activity patterns to estimate sleep parameters.
 - While actigraphy is performed as part of certain home sleep apnea testing devices, actigraphy performed as a stand-alone study is considered not medically necessary.

Durable Medical Equipment Device and Supply Exclusions (SL-5.2)

- CPT® 94799 – Unlisted pulmonary service or procedure
 - Due to the presence of more specific codes, medical necessity for this code cannot be established
- HCPCS E1399 – Miscellaneous durable medical equipment items, components, and accessories
 - Due to the presence of more specific codes for PAP equipment, medical necessity for this code cannot be established for PAP equipment

- HCPCS K1001 - Electronic positional obstructive sleep apnea treatment with sensor is considered experimental, investigational or unproven.

PAP-NAP (SL-2.7)

CPT® 95807-52

PAP-NAP, a daytime abbreviated cardiorespiratory sleep study, was developed as a means of improving adherence to positive airway pressure in patients with sleep disordered breathing and co-morbid insomnia and psychiatric disorders. A pilot study performed in 2008 demonstrated improvement in PAP adherence compared to historical controls in patients with insomnia and diagnosed and/or symptoms of psychiatric disorders. However, no subsequent controlled studies have been published. Therefore, CPT® 95807 or 95807-52 for the purposes of performing PAP-NAP is not covered procedure

Note Result of previous studies should be submitted for review prior to authorization of additional studies

References

General References

SL

v1.0.2023

1. American Academy of Sleep Medicine. International Classification of Sleep Disorders. 3rd ed. Darien, IL:American Academy of Sleep Medicine; 2014.
2. Arzt M, Floras JS, Logan AG, et al. Suppression of Central Sleep Apnea by Continuous Positive Airway Pressure and Transplant-Free Survival in Heart Failure: A Post Hoc Analysis of the Canadian Continuous Positive Airway Pressure for Patients with Central Sleep Apnea and Heart Failure Trial (CANPAP). *Circulation*. 2007;115(25):3173-3180. doi:10.1161/circulationaha.106.683482.
3. Aurora RN, Casey KR, Kristo D, et al. Practice Parameters for the Surgical Modifications of the Upper Airway for Obstructive Sleep Apnea in Adults. *Sleep*. 2010;33(10):1408-1413. doi:10.1093/sleep/33.10.1408.
4. Aurora RN, Bista SR, Casey KR, et al. Updated Adaptive Servo-Ventilation Recommendations for the 2012 AASM Guideline: "The Treatment of Central Sleep Apnea Syndromes in Adults: Practice Parameters with an Evidence-Based Literature Review and Meta-Analyses." *J Clin Sleep Med*. 2016;12(05):757-761. doi:10.5664/jcsm.5812.
5. Aurora RN, Chowdhuri S, Ramar K, et al. The Treatment of Central Sleep Apnea Syndromes in Adults: Practice Parameters with an Evidence-Based Literature Review and Meta-Analyses. *Sleep*. 2012;35(1):17-40. doi:10.5665/sleep.1580.
6. Aurora RN, Collop NA, Jacobowitz O, et al. Quality Measures for the Care of Adult Patients with Obstructive Sleep Apnea. *J Clin Sleep Med*. January 2015. doi:10.5664/jcsm.4556.
7. Aurora RN, Kristo DA, Bista SR, et al. The Treatment of Restless Legs Syndrome and Periodic Limb Movement Disorder in Adults—An Update for 2012: Practice Parameters with an Evidence-Based Systematic Review and Meta-Analyses. *Sleep*. 2012;35(8):1039-1062. doi:10.5665/sleep.1988.
8. Aurora RN, Kristo DA, Bista SR, et al. Update to the AASM Clinical Practice Guideline: "The Treatment of Restless Legs Syndrome and Periodic Limb Movement Disorder in Adults—an Update for 2012: Practice Parameters with an Evidence-Based Systematic Review and Meta-Analyses." *Sleep*. 2012;35(8):1037-1037. doi:10.5665/sleep.1986.
9. Aurora RN, Zak RS, Auerbach SH, et al. Best practice guide for the treatment of nightmare disorder in adults. *J Clin Sleep Med*. 2010;6(4):389-401.
10. Benbadis SR. Association between the Epworth Sleepiness Scale and the Multiple Sleep Latency Test in a Clinical Population. *Ann Intern Med*. 1999;130(4):289-292. Doi:10.7326/0003-4819-130-4-199902160-00014.
11. Berry RB, Hill G, Thompson L, McLaurin V. Portable monitoring and autotitration versus polysomnography for the diagnosis and treatment of sleep apnea. *Sleep*. 2008;31(10):1423-1431.

12. Berry RB, Quan SF, Abreu AR, et al for the American Academy of Sleep Medicine. The AASM Manual for the Scoring of Sleep and Associated Events: Rules, Terminology and Technical Specifications, Version 2.6, www.aasmnet.org, American Academy of Sleep Medicine, Darien, IL 2020.
13. Berry RB, Chediak A, Brown LK, et al. Best clinical practices for the sleep center adjustment of noninvasive positive pressure ventilation (NPPV) in stable chronic alveolar hypoventilation syndromes. *J Clin Sleep Med*. 2010;6(5):491-509.
14. Brookes CCD, Boyd SB. Controversies in Obstructive Sleep Apnea Surgery. *Oral and Maxillofacial Surgery Clinics of North America*. 2017;29(4):503-513. doi:10.1016/j.coms.2017.07.005.
15. Caples SM, Anderson WM, Calero K, Howell M, Hashmi SD. Use of polysomnography and home sleep apnea tests for the longitudinal management of obstructive sleep apnea in adults: an American Academy of Sleep Medicine clinical guidance statement. *J Clin Sleep Med*. 2021;17(6):1287-1293. doi:10.5664/jcsm.9240
16. CGS Administrators, LLC. Hypoglossal Nerve Stimulation for the Treatment of Obstructive Sleep Apnea Local Coverage Determination (LCD) L38307. Nashville, TN: CGS Administrators, LLC;4/1/20. Available at:www.cgsmedicare.com.
17. CGS Administrators, LLC. Respiratory Assist Devices Local Coverage Determination (LCD) L33800 Nashville, TN: CGS Administrators, LLC;08/08/2021. Available at:www.cgsmedicare.com.
18. Choi JH, Cho SH, Kim S-N, Suh JD, Cho JH. Predicting Outcomes after Uvulopalatopharyngoplasty for Adult Obstructive Sleep Apnea. *Otolaryngol Head Neck Surg*. 2016;155(6):904-913. doi:10.1177/0194599816661481.
19. Chung F, Yegneswaran B, Liao P, et al. STOP Questionnaire. *Anesthesiology*. 2008;108(5):812-821. doi:10.1097/aln.0b013e31816d83e4.
20. Collop NA, Anderson WM, Boehlecke B, et al. Clinical Guidelines for the Use of Unattended Portable Monitors in the Diagnosis of Obstructive Sleep Apnea in Adult Patients. *J Clin Sleep Med*. 2007;03(07):737-747. doi:10.5664/jcsm.27032.
21. Cowie MR, Woehrle H, Wegscheider K, et al. Adaptive Servo-Ventilation for Central Sleep Apnea in Systolic Heart Failure. *N Engl J Med*. 2015;373(12):1095-1105. doi:10.1056/nejmoa1506459.
22. Epstein L, Kristo D, Strollo PJ, et al. Clinical Guideline for the Evaluation, Management and Long-term Care of Obstructive Sleep Apnea in Adults. *J Clin Sleep Med*. 2009;5(3):263-276.
23. Filiatrault M-L, Chauny J-M, Daoust R, Roy M-P, Denis R, Lavigne G. Medium Increased Risk for Central Sleep Apnea but Not Obstructive Sleep Apnea in Long-Term Opioid Users: A Systematic Review and Meta-Analysis. *J Clin Sleep Med*. 2016;12(04):617-625. doi:10.5664/jcsm.5704.
24. First Coast Service Options, INC. Hypoglossal Nerve Stimulation for the Treatment of Obstructive Sleep Apnea Local Coverage Determination (LCD) L38398. Jacksonville, FL:First Coast Service Options, Inc.;03/15/20. Available at:<https://medicare.fcso.com>.

25. Galic T, Bozic J, Pecotic R, Ivkovic N, Valic M, Dogas Z. Improvement of Cognitive and Psychomotor Performance in Patients with Mild to Moderate Obstructive Sleep Apnea Treated with Mandibular Advancement Device: A Prospective 1-Year Study. *J Clin Sleep Med*. 2016;12(02):177-186. doi:10.5664/jcsm.5480.
26. Galiè N, Humbert M, Vachiery J-L, et al. 2015 ESC/ERS Guidelines for the diagnosis and treatment of pulmonary hypertension. *Eu Heart J*. 2015;37(1):67-119. doi:10.1093/eurheartj/ehv317.
27. Gay PC, Owens RL; ONMAP Technical Expert Panel. Executive Summary: Optimal Noninvasive Ventilation Medicare Access Promotion (ONMAP) [published online ahead of print, 2021 Jul 28]. *Chest*. 2021;S0012-3692(21)01481-1. doi:10.1016/j.chest.2021.05.074
28. Gillespie MB, Soose RJ, Woodson BT, et al. Upper Airway Stimulation for Obstructive Sleep Apnea: Patient-Reported Outcomes after 48 Months of Follow-up. *Otolaryngol Head Neck Surg*. 2017;156(4):765-771. doi:10.1177/0194599817691491.
29. Hill NS, Criner GJ, Branson RD, et al. Optimal Noninvasive Medicare Access Promotion: Patients with COPD Technical Expert Panel Report from the American College of Chest Physicians, the American Association for Respiratory Care, the American Academy of Sleep Medicine, and the American Thoracic Society [published online ahead of print, 2021 Jul 28]. *Chest*. 2021;S0012-3692(21)01479-3. doi:10.1016/j.chest.2021.06.082.
30. Hoeper MM, Bogaard HJ, Condliffe R, et al. Definitions and Diagnosis of Pulmonary Hypertension. *J Am Coll Cardiol*. 2013;62(25). doi:10.1016/j.jacc.2013.10.032.
31. Javaheri S, Harris N, Howard J, Chung E. Adaptive Servoventilation for Treatment of Opioid-Associated Central Sleep Apnea. *J Clin Sleep Med*. 2014;10(6):637-643. doi:10.5664/jcsm.3788.
32. Javaheri S, Smith J, Chung E. The Prevalence and Natural History of Complex Sleep Apnea. *J Clin Sleep Med*. 2009;05(03):205-211. doi:10.5664/jcsm.27486.
33. Johal A, Haria P, Manek S, Joury E, Riha R. Ready-Made Versus Custom-Made Mandibular Repositioning Devices in Sleep Apnea: A Randomized Clinical Trial. *J Clin Sleep Med*. 2017;13(02):175-182. doi:10.5664/jcsm.6440.
34. Johns MW. A New Method for Measuring Daytime Sleepiness: The Epworth Sleepiness Scale. *Sleep*. 1991;14(6):540-545. doi:10.1093/sleep/14.6.540.
35. Johnson KG, Sullivan SS, Nti A, Rastegar V, Gurubhagavatula I. The impact of the COVID-19 pandemic on sleep medicine practices. *J Clin Sleep Med*. 2021;17(1):79-87. doi:10.5664/jcsm.8830.
36. Kapur VK, Auckley DH, Chowdhuri S, et al. Clinical Practice Guideline for Diagnostic Testing for Adult Obstructive Sleep Apnea: An American Academy of Sleep Medicine Clinical Practice Guideline. *J Clin Sleep Med*. 2017;13(03):479-504. doi:10.5664/jcsm.6506.
37. Krahn LE, Arand DL, Avidan AY, et al. Recommended protocols for the Multiple Sleep Latency Test and Maintenance of Wakefulness Test in adults: guidance from

- the American Academy of Sleep Medicine [published online ahead of print, 2021 Aug 23]. *J Clin Sleep Med*. 2021;10.5664/jcsm.9620. doi:10.5664/jcsm.9620.
38. Krakow B, Ulibarri V, Melendrez D, et al. A Daytime, Abbreviated Cardio-Respiratory Sleep Study (CPT 95807–52) To Acclimate Insomnia Patients with Sleep Disordered Breathing to Positive Airway Pressure (PAP-NAP). *J Clin Sleep Med*. 2008;04(03):212-222. doi:10.5664/jcsm.27183.
 39. Kushida CA, Chediak A, Berry RB, et al. Clinical Guidelines for the Manual Titration of Positive Airway Pressure in Patients with Obstructive Sleep Apnea. *J Clin Sleep Med*. 2008;04(02):157-171. doi:10.5664/jcsm.27133.
 40. Martin JL, Hakim AD. Wrist Actigraphy. *Chest*. 2011;139(6):1514-1527. doi:10.1378/chest.10-1872.
 41. Mokhlesi B, Masa JF, Brozek JL, et al. Evaluation and Management of Obesity Hypoventilation Syndrome. An Official American Thoracic Society Clinical Practice Guideline. *Am J Respir Crit Care Med*. 2019;200(3). doi:10.1164/rccm.201905-1071.
 42. Mokhlesi B, Won CH, Make BJ, Selim BJ, Sunwoo BY; ONMAP Technical Expert Panel. Optimal Noninvasive Medicare Access Promotion: Patients with Hypoventilation Syndromes A Technical Expert Panel Report from the American College of Chest Physicians, the American Association for Respiratory Care, the American Academy of Sleep Medicine, and the American Thoracic Society [published online ahead of print, 2021 Jul 29]. *Chest*. 2021;S0012-3692(21)01484-7.
 43. Morgenthaler TI, Malhotra A, Berry R, Johnson K, Raphaelson M; ONMAP Technical Expert Panel. Optimal Noninvasive Medicare Access Promotion: Patients with Central Sleep Apnea A Technical Expert Panel Report from the American College of Chest Physicians, the American Association for Respiratory Care, the American Academy of Sleep Medicine, and the American Thoracic Society [published online ahead of print, 2021 Jul 28]. *Chest*. 2021;S0012-3692(21)01482-3. doi:10.1016/j.chest.2021.07.039.
 44. National Government Solutions, Inc. Hypoglossal Nerve Stimulation for the Treatment of Obstructive Sleep Apnea Local Coverage Determination (LCD) L38387. Indianapolis, IN: National Government Solutions, Inc. Available at:www.ngsmedicare.com.
 45. Netzer NC, Stoohs RA, Netzer CM, et al. Using the Berlin Questionnaire to Identify Patients at Risk for the Sleep Apnea Syndrome. *Ann Intern Med*. 1999;131(7):485-491. Doi: 10.7326/0003-4819-131-7-199910050-00002.
 46. Noridian Healthcare Solutions, LLC. Hypoglossal Nerve Stimulation for the Treatment of Obstructive Sleep Apnea Local Coverage Determination (LCD) L38310. Fargo, ND: Noridian Healthcare Solutions, LLC. Available at:www.noridianmedicare.com.
 47. Novitas Solutions, Inc. Hypoglossal Nerve Stimulation for the Treatment of Obstructive Sleep Apnea Local Coverage Determination (LCD) L38385. Mechanicsburg, PA: Novitas Solutions, Inc. Available at:www.novitas-solutions.com.

48. Patel NP, Ahmed M, Rosen I. Split-Night Polysomnography. *Chest*. 2007;132(5):1664-1671. doi:10.1378/chest.06-1801.
49. Patil SP, Ayappa IA, Caples SM, Kimoff RJ, Patel SR, Harrod CG. Treatment of Adult Obstructive Sleep Apnea with Positive Airway Pressure: An American Academy of Sleep Medicine Clinical Practice Guideline. *J Clin Sleep Med*. 2019;15(02):335-343. doi:10.5664/jcsm.7640.
50. Pawwoski P, Shelgikar AV. Treatment options for obstructive sleep apnea. *Neurology: Clinical Practice*. 2016;7(1):77-85. doi:10.1212/cpj.0000000000000320.
51. Ramar K, Dort LC, Katz SG, et al. Clinical Practice Guideline for the Treatment of Obstructive Sleep Apnea and Snoring with Oral Appliance Therapy: An Update for 2015. *J Clin Sleep Med*. 2015;11(7):773-827. doi:10.5664/jcsm.4858.
52. Rizzo D, Libman E, Baltzan M, Fichten C, Bailes S. Impact of the COVID-19 pandemic on obstructive sleep apnea: recommendations for symptom management. *J Clin Sleep Med*. 2021;17(3):429-434. doi:10.5664/jcsm.8922.
53. Rosen IM, Kirsch DB, Chervin RD, et al. Clinical Use of a Home Sleep Apnea Test: An American Academy of Sleep Medicine Position Statement. *J Clin Sleep Med*. 2017;13(10):1205-1207. doi:10.5664/jcsm.6774.
54. Rosen CL, Auckley D, Benca R, et al. A Multisite Randomized Trial of Portable Sleep Studies and Positive Airway Pressure Autotitration versus Laboratory-Based Polysomnography for the Diagnosis and Treatment of Obstructive Sleep Apnea: The Home PAP Study. *Sleep*. 2012;35(6):757-767. doi:10.5665/sleep.1870.
55. Sateia MJ. International Classification of Sleep Disorders-Third Edition. *Chest*. 2014;146(5):1387-1394. doi:10.1378/chest.14-0970.
56. Sheldon SH, Ferber R, Kryger MH. Diagnosis of Obstructive Sleep Apnea. In: *Principles and Practice of Pediatric Sleep Medicine*. 2nd ed. London: Elsevier Saunders; 2014:221-230.
57. Skomro RP, Gjevre J, Reid J, et al. Outcomes of Home-Based Diagnosis and Treatment of obstructive Sleep Apnea. *Chest*. 2010;138(2):257-263. doi:10.1378/chest.09-0577.
58. Selim BJ, Ramar K. Management of Sleep Apnea Syndromes in Heart Failure. *Sleep Medicine Clinics*. 2017;12(1):107-121. doi:10.1016/j.jsmc.2016.10.004.
59. Smith MT, Mccrae CS, Cheung J, et al. Use of Actigraphy for the Evaluation of Sleep Disorders and Circadian Rhythm Sleep-Wake Disorders: An American Academy of Sleep Medicine Clinical Practice Guideline. *J Clin Sleep Med*. 2018;14(07):1231-1237. doi:10.5664/jcsm.7230.
60. Soose RJ, Woodson BT, Gillespie MB, et al. Upper Airway Stimulation for Obstructive Sleep Apnea: Self-Reported Outcomes at 24 Months. *J Clin Sleep Med*. 2016;12(01):43-48. doi:10.5664/jcsm.5390.
61. Spencer J, Patel M, Mehta N, et al. Special Consideration Regarding the Assessment and Management of Patients Being Treated with Mandibular Advancement Oral Appliance Therapy for Snoring and Obstructive Sleep Apnea. *Cranio®*. 2013;31(1):10-13. doi:10.1179/crn.2013.002.

62. Standards of Practice Committee of the American Academy of Sleep Medicine. Practice parameters for clinical use of the multiple sleep latency test and the maintenance of wakefulness test. *Sleep* 2005;28(1):113-121.
63. Strollo PJ, Soose RJ, Maurer JT, et al. Upper-Airway Stimulation for Obstructive Sleep Apnea. *N Engl J Med*. 2014;370(2):139-149. doi:10.1056/nejmoa1308659.
64. Sutherland K, Vanderveken OM, Tsuda H, et al. Oral Appliance Treatment for Obstructive Sleep Apnea: An Update. *J Clin Sleep Med*. 2014;10(02):215-227. doi:10.5664/jcsm.3460.
65. Wolfe LF, Benditt JO, Aboussouan L, Hess DR, Coleman JM 3rd; ONMAP Technical Expert Panel. Optimal Noninvasive Medicare Access Promotion: Patients with Thoracic Restrictive Diseases A Technical Expert Panel Report from the American College of Chest Physicians, the American Association for Respiratory Care, the American Academy of Sleep Medicine, and the American Thoracic Society [published online ahead of print, 2021 Jul 28]. *Chest*. 2021;S0012-3692(21)01488-4. doi:10.1016/j.chest.2021.05.075.
66. Woodson BT, Soose RJ, Gillespie MB, et al. Three-Year Outcomes of Cranial Nerve Stimulation for Obstructive Sleep Apnea. *Otolaryngol Head Neck Surg*. 2015;154(1):181-188. doi:10.1177/0194599815616618.
67. Woodson BT, Strohl KP, Soose RJ, et al. Upper Airway Stimulation for Obstructive Sleep Apnea: 5-Year Outcomes. *Otolaryngol Head Neck Surg*. 2018;159(1):194-202. doi:10.1177/0194599818762383.
68. Yeghiazarians Y, Jneid H, Tietjens JR, et al. Obstructive Sleep Apnea and cardiovascular Disease. *Circulation*. 2021;144:e56–e67. DOI: 10.1161/CIR.0000000000000988.
69. Simonneau G, Montani D, Celermajer DS, et al. Haemodynamic definitions and updated clinical classification of pulmonary hypertension. *Eur Respir J* 2019; 53: 1801913 doi:10.1183/13993003.01913-2018.
70. Caples SM, Anderson WM, Calero K, Howell M, Hashmi SD. Use of polysomnography and home sleep apnea tests for the longitudinal management of obstructive sleep apnea in adults: an American Academy of Sleep Medicine clinical guidance statement. *J Clin Sleep Med*. 2021;17(6):1287–1293.
71. Schwab RJ, Badr SM, Epstein LJ, et al. An official American Thoracic Society statement: continuous positive airway pressure adherence tracking systems. The optimal monitoring strategies and outcome measures in adults. *Am J Respir Crit Care Med*. 2013;188(5):613-620. doi:10.1164/rccm.201307-1282ST.
72. Bull M and the Committee on genetics. Clinical Report – Health Supervision for Children with Down Syndrome. *Pediatrics* 2011;128:393–406.
73. Shott S, Amin R, Chini B et al. Obstructive Sleep Apnea Should all Children with Down Syndrome Be Tested? *Arch Otolaryngol Head Neck Surg*. 2006;132:432-436

Pediatric References

v1.0.2023

1. American Academy of Sleep Medicine. International Classification of Sleep Disorders. 3rd ed. Darien, IL:American Academy of Sleep Medicine; 2014.
2. Tarasiuk A, Simon T, Tal A, Reuveni H. Adenotonsillectomy in Children With Obstructive Sleep Apnea Syndrome Reduces Health Care Utilization. *Pediatrics*. 2004;113(2):351-356. doi:10.1542/peds.113.2.351.
3. Goldstein NA, Pugazhendhi V, Rao SM, et al. Clinical Assessment of Pediatric Obstructive Sleep Apnea. *Pediatrics*. 2004;114(1):33-43. doi:10.1542/peds.114.1.33.
4. Schechter MS. Technical Report: Diagnosis and Management of Childhood Obstructive Sleep Apnea Syndrome. *Pediatrics*. 2002;109(4). doi:10.1542/peds.109.4.e69.
5. American Thoracic Society. Standards and indications for cardiopulmonary sleep studies in children. *American Journal of Respiratory and Critical Care Medicine*. 1996;153(2):866-878. doi:10.1164/ajrccm.153.2.8564147.
6. American Thoracic Society. Cardiorespiratory Sleep Studies in Children. *American Journal of Respiratory and Critical Care Medicine*. 1999;160(4):1381-1387. doi:10.1164/ajrccm.160.4.16041.
7. National Institute of Child Health and Human Development. Obstructive Sleep Apnea in Children. NIH Guide. 1997;26(39).
8. U.S. Department of Health and Human Services, National Institutes of Health (NIH), National Heart, Lung and Blood Institute (NHLBI). Sleep apnea: Is your patient at risk? NIH Pub.No.95-3803. NIH. <http://www.nhlbi.nih.gov/health/prof/sleep/slpprsk.pdf>. Published 1995.
9. Aurora RN, Zak RS, Karippot A, et al. Practice Parameters for the Respiratory Indications for Polysomnography in Children. *Sleep*. 2011;34(3):379-388. doi:10.1093/sleep/34.3.379 .
10. Marcus CL, Brooks LJ, Draper KA, et al. Diagnosis and Management of Childhood Obstructive Sleep Apnea Syndrome. *Pediatrics*. 2012;130(3):576-584. doi:10.1542/peds.2012-1671.
11. Roland PS, Rosenfeld RM, Brooks LJ, et al. Clinical Practice Guideline: Polysomnography for Sleep-Disordered Breathing Prior to Tonsillectomy in Children. *Otolaryngology-Head and Neck Surgery*. 2011;145(1_suppl). doi:10.1177/0194599811409837.
12. Carvalho FR, Lentini-Oliveira DA, Prado LB, Prado GF, Carvalho LB. Oral appliances and functional orthopaedic appliances for obstructive sleep apnoea in children. *Cochrane Database of Systematic Reviews*. 2016. doi:10.1002/14651858.cd005520.pub3.

13. Marcus CL, Brooks LJ, Draper KA, et al. Diagnosis and Management of Childhood Obstructive Sleep Apnea Syndrome. *Pediatrics*. 2012;130(3):576-584. doi:10.1542/peds.2012-1671.
14. Aurora RN, Collop NA, Jacobowitz O, et al. Quality Measures for the Care of Adult Patients with Obstructive Sleep Apnea. *Journal of Clinical Sleep Medicine*. January 2015. doi:10.5664/jcsm.4556.
15. Ehsan Z, Ishman SL. Pediatric Obstructive Sleep Apnea. *Otolaryngologic Clinics of North America*. 2016;49(6):1449-1464. doi:10.1016/j.otc.2016.07.001.
16. Marcus CL, Moore RH, Rosen CL, et al. A Randomized Trial of Adenotonsillectomy for Childhood Sleep Apnea. *New England Journal of Medicine*. 2013;368(25):2366-2376. doi:10.1056/nejmoa1215881.
17. El-Kersh K, Cavallazzi R, Senthilvel E. Outcomes of adenotonsillectomy in severe pediatric obstructive sleep apnea. *Ear, nose, & throat journal*. <https://www.ncbi.nlm.nih.gov/pubmed/29236274>. Published December 2017.
18. Huang Y-S, Guilleminault C, Lee L-A, et al. Treatment Outcomes of Adenotonsillectomy for Children with Obstructive Sleep Apnea: A Prospective Longitudinal Study. *Sleep*. 2014;37(1):71-76. doi:10.5665/sleep.3310.
19. Todd CA, Bareiss AK, Mccoul ED, Rodriguez KH. Adenotonsillectomy for Obstructive Sleep Apnea and Quality of Life: Systematic Review and Meta-analysis. *Otolaryngology-Head and Neck Surgery*. 2017;157(5):767-773. doi:10.1177/0194599817717480.
20. Huang Y-S, Guilleminault C. Pediatric Obstructive Sleep Apnea: Where Do We Stand? Sleep-Related Breathing Disorders Advances. *Oto-Rhino-Laryngology*. 2017:136-144. doi:10.1159/000470885.
21. Pavwoski P, Shelgikar AV. Treatment options for obstructive sleep apnea. *Neurology: Clinical Practice*. 2016;7(1):77-85. doi:10.1212/cpj.0000000000000320
22. Aurora RN, Zak RS, Karippot A, et al. Practice Parameters for the Respiratory Indications for Polysomnography in Children. *Sleep*. 2011;34(3):379-388. doi:10.1093/sleep/34.3.379.
23. Aurora RN, Lamm CI, Zak RS, et al. Practice parameters for the non-respiratory indications for polysomnography and multiple sleep latency testing for children. *Sleep*. 2012;35(11):1467-1473. Published 2012 Nov 1. doi:10.5665/sleep.2190

Questionnaires (SL-8)

v1.0.2023

Epworth Sleepiness Scale (SL-8.1)

The Epworth Sleepiness Scale is comprised of eight questions, with a maximum score of 24. A score > 10 indicates moderate to high probability of excessive daytime sleepiness. Use the following scale to choose the most appropriate number for each situation:

- **0** — Would never doze 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	
Watching TV	
Sitting inactive in a public place	
Being a passenger in a motor vehicle for an hour or more	
Lying down in the afternoon	
Sitting and talking to someone	
Sitting quietly after lunch (no alcohol)	
Stopped for a few minutes in traffic while driving	
Total Epworth Score (add up the points)	

The Berlin Questionnaire (SL-8.2)

The Berlin Questionnaire is comprised of 3 categories and ten questions. Two or more categories with a positive score indicate high probability of OSA.

Patient BMI - _____	
Category 1	Category 2
<p>1. Do you snore?</p> <p>a. Yes</p> <p>b. No</p> <p>c. Don't know</p> <p><i>If you snore:.....</i></p>	<p>6. How often do you feel tired or fatigued after your sleep</p> <p>a. Nearly every day</p> <p>b. 3-4 times a week</p> <p>c. 1-2 times a week</p> <p>d. 1-2 times a month</p> <p>e. Never or nearly never</p>
<p>2. Your snoring is:</p> <p>a. Slightly louder than breathing</p> <p>b. As loud as talking</p> <p>c. Louder than talking</p> <p>d. Very loud-can be heard in adjacent rooms</p>	<p>7. During your waking time, do you feel tired, fatigued, or not up to par?</p> <p>a. Nearly every day</p> <p>b. 3-4 times a week</p> <p>c. 1-2 times a week</p> <p>d. 1-2 times a month</p> <p>e. Never or nearly never</p>
<p>3. How often do you snore?</p> <p>a. Almost every day</p> <p>b. 3-4 times a week</p> <p>c. 1-2 times a week</p> <p>d. 1-2 times a month</p> <p>e. Never or almost never</p>	<p>8. Have you ever nodded off or fallen asleep while driving a vehicle</p> <p>a. Yes</p> <p>b. No</p> <p><i>If yes:</i></p>
<p>4. Does your snoring bother other people?</p> <p>a. Yes</p> <p>b. No</p> <p>c. Don't know</p>	<p>9. How often does this occur?</p> <p>a. Nearly every day</p> <p>b. 3-4 times a week</p> <p>c. 1-2 times a week</p> <p>d. 1-2 times a month</p> <p>e. Never or nearly never</p>
<p>5. Has anyone noticed that you quit breathing during your sleep?</p> <p>a. Nearly every day</p> <p>b. 3-4 times a week</p> <p>c. 1-2 times a week</p> <p>d. 1-2 times a month</p> <p>e. Never or nearly never</p>	Category 3
	<p>a. Do you have high blood pressure?</p> <p>b. Yes</p> <p>c. No</p> <p>Don't know</p>

Berlin Questionnaire Scoring

Category 1: Items 1-5

- Item 1: if **Yes**, assign 1 point
- Item 2: if **c** or **d**, assign 1 point

- Item 3: if **a** or **b**, assign 1 point
- Item 4: if **a**, assign 1 point
- Item 5: if **a** or **b**, assign 2 points
- Add points. Category 1 is positive if the total score is 2 or more points.

Category 2: Items 6, 7, 8 (item 9 should be noted separately)

- Item 6: if **a** or **b**, assign 1 point
- Item 7: if **a** or **b**, assign 1 point
- Item 8: if **a**, assign 1 point
- Add points. Category 2 is positive if the total score is 2 or more points.

Category 3

Category 3 is positive if the answer to Item 10 is Yes **OR** if the BMI of the patient is greater than 30 kg/m².

High risk

2 or more categories where the score is positive.

Low risk

1 or no categories where the score is positive.

STOP BANG Questionnaire (SL-8.3)

The **STOP Bang** Questionnaire has eight yes/no questions. A **yes** answer on three or more questions indicates high probability of OSA.

Snoring

1. Do you snore loudly (louder than talking or loud enough to be heard through closed doors)?

Tired

2. Do you often feel tired, fatigued, or sleepy during the daytime?

Observed

3. Has anyone observed you stop breathing during your sleep?

Blood pressure

4. Do you have or are you being treated for high blood pressure?

BMI

5. BMI higher than 35 kg/m²

Age

6. Age over 50 years old?

Neck circumference

7. Neck circumference greater than 40 cm?

Gender

8. Gender male?

- **Intermediate to High risk of OSA** — Answering **yes** to three or more items. Please see note below for score of three or greater
- **Low risk of OSA** — Answering **yes** to less than three items.

Note High Risk is determined by either one of the following

- Answering “yes” to two or more of four STOP questions + any one BANG question except age
- Answering “yes” to 5 or more questions

Insomnia Severity Index (SL-8.4)

The Insomnia Severity Index has seven questions. The seven answers are added up to get a total score. When you have your total score, look at the *Guidelines for Scoring/Interpretation* at the bottom of the Insomnia Severity Index page to see where your sleep difficulty fits.

Print out a copy of your completed Insomnia Severity Index to take to your health care provider.

For each question, please **circle** the number that best describes your answer.

Please rate the CURRENT (i.e. LAST 2 WEEKS) SEVERITY of your insomnia problem(s).

Insomnia problem	None	Mild	Moderate	Severe	Very severe
1. Difficulty falling asleep	0	1	2	3	4
2. Difficulty staying asleep	0	1	2	3	4
3. Problem waking up too early	0	1	2	3	4

4. How SATISFIED/DISSATISFIED are you with your CURRENT sleep pattern?

Very satisfied	Satisfied	Moderately satisfied	Dissatisfied	Very dissatisfied
0	1	2	3	4

5. How NOTICEABLE to others do you think your sleep problem is in terms of impairing the quality of your life?

Not at all noticeable	A little	Somewhat	Much	Very much noticeable
0	1	2	3	4

6. How WORRIED/DISTRESSED are you about your current sleep problem?

Not at all worried	A little	Somewhat	Much	Very much worried
0	1	2	3	4

7. To what extent do you consider your sleep problem to INTERFERE with your daily functioning (e.g. daytime fatigue, mood, ability to function at work/daily chores, concentration, memory, mood, etc.) CURRENTLY?

Not at all interfering	A little	Somewhat	Much	Very much interfering
0	1	2	3	4

Guidelines for Scoring and Interpretation

Add the scores for all seven items (questions 1 + 2 + 3 + 4 + 5 + 6 + 7) = _____ your total score.

Total score categories

The score categories are as follows:

- **0-7** — No clinically significant insomnia
- **8-14** — Sub threshold insomnia
- **15-21** — Clinical insomnia (moderate severity)
- **22-28** — Clinical insomnia (severe)