



Subject: Sleep-Disordered Breathing Testing *

Effective Date: July 23, 2002

Department(s): Utilization Management

Policy: Sleep studies will be covered under Plans administered by QualCare, Inc.

Objective: To ensure proper and consistent reimbursement and appropriate utilization of a specific type of diagnostic testing.

Procedure:

1. Claims for diagnostic sleep studies shall be processed as outpatient services, although they may be conducted overnight at a facility.
2. The request for a sleep study must include evidence of sleep disordered breathing (snoring or observed apnea) PLUS at least one of the following:
 - a. Daytime hypersomnolence
 - b. Personality change or change in intellect
 - c. Morning headache or nausea
 - d. Symptoms or signs of congestive heart failure
 - e. Obesity
 - f. Hypertension
 - g. Cardiac arrhythmia

3. The study should include the following:
 - a. Polysomnogram, electroencephalogram, electro-oculogram, submental electromyogram
 - b. Electrocardiogram
 - c. Recordings of ventilation and respiratory effort
 - d. Monitoring of oxygenation, motor activity, and blood pressure
 - e. Titration of positive airway pressure if, in the judgment of the attendant technologist, it is indicated

4. The following **CPT codes**, which combine various sleep testing modalities, are reimbursable under this policy:
 - a. When performed in a facility:
 - i. Simultaneous recording of ventilation, respiratory effort, ECG or heart rate, and oxygen saturation, attended by a technologist **(95807)**
 - ii. Polysomnography; sleep staging with 1 – 3 additional parameters of sleep, attended by a technologist **(95808)**
 - iii. Polysomnography; sleep staging with 4 or more additional parameters of sleep, attended by a technologist **(95810)**
 - iv. Polysomnography; sleep staging with 4 or more additional parameters of sleep, with initiation of continuous positive airway pressure therapy or bilevel ventilation, attended by a technologist **(95811)**
 - b. When not performed in a facility:
 - i. Simultaneous recording of ventilation, respiratory effort, ECG or heart rate, and

oxygen saturation, unattended by a technologist (CPT 95806) is reimbursable.

5. Requests for sleep disorder testing in children who do not meet criteria in this policy must be reviewed by the medical director.

References

Tonelli de Oliveira AC, Martinez D, Vasconcelos LF, *et al.* Diagnosis of obstructive sleep apnea syndrome and its outcomes with home portable monitoring. *Chest* 2009;135(2):330-336 (Feb)

Ruiz-López FJ, Fernández-Suárez B, Guardiola-Martínez J, *et al.* Quality control of the ambulatory polygraphy using automatic analysis. *Chest* 2009;135(1):194-200 (Jan)

Collop NA. Portable monitoring for the diagnosis of obstructive sleep apnea. *Curr Opin Pulm Med* 2008;14(6):525-529 (Nov)

Skjoldt NM. Approach to outpatient management of adult sleep apnea. *Can Fam Physician* 2008;54(10):1408-1412 (Oct)

Heneghan C, Chua CP, Garvey JF, *et al.* A portable automated assessment tool for sleep apnea using a combined Holter-oximeter. *Sleep* 2008;31(10):1432-1439 (Oct 1)

Berry RB, Hill G, Thompson L, *et al.* Portable monitoring and autotitration versus polysomnography for the diagnosis and treatment of sleep apnea. *Sleep* 2008;31(10):1423-1431 (Oct 31)

Rubins JB, Kunisaki KM. Contemporary issues in the diagnosis and treatment of obstructive sleep apnea. *Postgrad Med* 2008;120(2):46-52 (Jul)

Hayes, Inc . Hayes Medical Technology Directory. *Home Sleep Studies for Diagnosis of Obstructive Sleep Apnea syndrome in Adults*. Lansdale, PA: Hayes, Inc. May 29, 2008

Center for Medicare and Medicaid Services. Medicare National Coverage Determinations Manual. Chapter 1, Part 4, Section 240.4 – Continuous Positive Airway Pressure (CPAP) Therapy For Obstructive Sleep Apnea (OSA) (Effective March 13, 2008)

Norman D, Loredó JS. Obstructive Sleep Apnea in Older Adults. *Clin Geriatr Med* 2008;24(1):151-165 (Feb)

Strohl KP. Sleep-disordered breathing in adults: Definitions. *UpToDate* v 15.3 September 19, 2007. available at <http://www.utdol.com/utd/content/topic.do?topicKey=sleepdios/2312&view=print>. Accessed 11/27/07

Kakkar RK, Hill GK. Interpretation of the Adult Polysomnogram. *Otolaryngol Clin N Amer* 2007;40(4):713-743 (Aug)

Hirshkowitz M, Sharafkhaneh A, Kryger M. Clinical and Laboratory Assessment of Sleep-Related Breathing Disorders. *Sleep Med Clin* 2006;1(4):449-460 (Dec)

Hiestand DM, Britz P, Goldman M, *et al.* Prevalence of Symptoms and Risk of Sleep Apnea in the US Population: Results from the National Sleep Foundation *Sleep in America* 2005 Poll. *Chest* 2006;130(3):780-786 (Sep)

Iber C. Sleep-Related Breathing Disorders. *Neurol Clin* 2005;23(4):1045-1057 (Nov)

D'Andrea L. Diagnostic studies in the assessment of pediatric sleep-disordered breathing: techniques and indications. *Ped Clin N Amer* 2004;51(1):169-186 (Feb)

Drafted By: S. Reisler, MD 03/99

Approved By/Date: QM Committee 04/27/99

Revised By/Date: B. Fisher, MD 5/10/02

Approved By/Date: QM Committee 07/23/02

Revised By/Date: B. Fisher, MD 11/26/07

Approved By/Date: QM Committee 12/11/07

Revised By/Date: B. Fisher, MD 07/08/09

Approved By/Date: QM Committee 09/08/09

Reviewed w/o Revision By/Date: MMcNeil, MD 10/06/11

Approved By/Date: QM Committee 10/25/11

*Consistent with Summary Plan Description (SPD). When there is discordance between this policy and the SPD, the provisions of the SPD prevail.