



2009

SLEEP STUDY CRITERIA (MEDICARE)

Please note all sleep studies should be ordered as a split night study with the testing and CPAP trial done during a single overnight study.

Diagnostic sleep study (nocturnal polysomnogram) is medically appropriate for patients with suspected obstructive sleep apnea (OSA) who have meet the following criteria; One in A and One in B.

A. Patient has any of the following symptoms / findings while awake:

- Chronic fatigue; **OR**
- Excessive daytime sleepiness (hypersomnolence) for > 12 weeks, interfering with activities of daily living (ADLs); **OR**
- Irritability / moodiness; **OR**
- Morning headache;

AND

B. Patient has witnessed frequent, loud snoring and a sleep pattern consistent with sleep apnea with any of the following respiratory symptoms / findings being met:

- Gasping / choking; **OR**
- Irregular breathing pattern (apnea / hypopnea)