

SLEEP STUDY / POLYSOMNOGRAPHY CRITERIA FOR SLEEP APNEA

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The PA Nurse may immediately approve if the request is ordered by a pulmonologist and member has the following:

- Diagnosis of long standing cardiovascular disease
OR
- Pulmonary or systemic hypertension

If the above criteria are not met, the PA Nurse may approve if ALL of the following are documented:

- Witnessed Sleep Pattern Consistent with sleep apnea
 - Observed nocturnal choking, gasping, snoring, and irregular breathing pattern
- Sleep patterns showing at least 8 hours of sleep per night without TV, pets or another snorer in the room
- Other causes of sleep disturbance excluded through a thorough history and PE
 - Use of alcohol, illicit drugs, or prescription drugs with sleep-altering side effects
 - Psychological stress, psychological or medical illness
- Insomnia excluded by Hx.
- TSH normal or no thyroid disease by Hx.
- At least two symptoms/findings while awake, present for at least 3 months duration
 - Fatigue, hypersomnolence, irritability/moodiness, morning headaches
- Documented height and weight, and patient agreement to a weight loss program if overweight
- Documented blood pressure and compliance with treatment for high blood pressure if hypertensive

If the request does not meet criteria, the request must be reviewed by a Medical Director

NOTE: If approved, member should be able to cooperate with the exam in a sleep lab and use CPAP treatment if the test is positive.

NOTE: Authorization will always be for a split study (both with and without CPAP titration).

References: See attached “Up to Date” guidelines

Approved by: Clinical and Service Quality Improvement Committee (CSQIC) Date: 4/13/06

Approved by: Rene Bartos, MD/ Paula Olen-Mikrut, MD Date: 4/13/06