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| PAYER: |
| POLICY NAME: |
| EFFECTIVE DATE: |



| AASM SCORING CRITERIA* | SCORE | RATIONALE |
|---|-------------|---------------------|
| A. Diagnostic testing for obstructive sleep apnea (OSA) should be performed in conjunction with a comprehensive sleep evaluation and adequate follow-up. | /15 | |
| B. Polysomnography (PSG) is the standard diagnostic test for OSA in adult patients in whom there is a clinical concern for OSA based on a comprehensive sleep evaluation. | /15 | |
| C. Polysomnography, or home sleep apnea tests (HSATs) with a technically adequate device, should be used for the diagnosis of OSA in uncomplicated adult patients presenting with signs and symptoms that indicate an increased risk of moderate to severe OSA, as indicated by the presence 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. Patients who do not meet these criteria in whom there is a concern for OSA based on a comprehensive sleep evaluation should be evaluated with PSG. | /15 | |
| D1. PSG should be used for diagnosis in patients in whom there is a concern for significant non-respiratory sleep disorder(s) that require evaluation (e.g., disorders of central hypersomnolence, parasomnias, sleep related movement disorders) or interfere with accuracy of HSAT (e.g., severe insomnia); or environmental or personal factors that preclude the adequate acquisition and interpretation of data from HSAT. | /15 | |
| D2. PSG, rather than home sleep apnea tests, should be used for the diagnosis of OSA in patients with significant cardiorespiratory disease, potential respiratory muscle weakness due to neuromuscular condition, awake hypoventilation or suspicion of sleep related hypoventilation, chronic opioid medication use, history of stroke or severe insomnia. PSG is required for the diagnosis of non-obstructive sleep-disordered breathing (e.g., central sleep apnea, hypoventilation and sleep related hypoxemia). | /15 | |
| E1. A single night home sleep apnea test is adequate. E2. If a single night home sleep apnea test is negative, inconclusive, or technically inadequate, polysomnography should be performed for the diagnosis of OSA. | /15 | |
| F. A technically adequate HSAT device incorporates a minimum of the following sensors: nasal pressure, chest and abdominal respiratory inductance plethysmography, and oximetry; or else PAT with oximetry and actigraphy. | /10 | |
| TOTAL | /100 | STAR RATING: |

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|-----------------|---------------------|-----------------------|-------------------------|----------------------------|
| ≤50 points ★ | 51-60 points ★ ★ | 61-80 points ★ ★ ★ | 81-90 points ★ ★ ★ ★ | 91-100 points ★ ★ ★ ★ ★ |
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*Kapur VK, Auckley DH, Chowdhuri S, Kuhlmann DC, Mehra R, Ramar K, Harrod CG. 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(3):479–504.