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April 3, 2023

Cheryl Perkins
Chief Clinical Officer
Beacon Health Options
1400 Crossways Blvd, Suite 101
Chesapeake, VA 23320

Sent via Email: cheryl.perkins@beaconhealthoptions.com

Dear Ms. Perkins:

I am contacting you on behalf of the Reimbursement for Behavioral and Psychological Treatments for Chronic Insomnia Disorder Presidential Committee of the American Academy of Sleep Medicine (AASM), which is a joint Committee with the Society of Behavioral Sleep Medicine (SBSM). This committee was convened to develop a prioritized list of strategies to reduce barriers to payment for behavioral and psychological treatments for chronic insomnia disorder in adults.

Through an ongoing effort to identify and review existing medical policies for insomnia treatment, this Committee has noted high variability and inconsistencies in policy requirements for reimbursement, regarding treatment of insomnia disorder. In the same regard, an AASM member has alerted us to a coverage issue, stating that Beacon Health Options does not cover treatment of sleep disorders, including insomnia, by psychologists. There is evidence published in the AASM clinical practice guideline “Behavioral and Psychological Treatments for Chronic Insomnia Disorder in Adults: An American Academy of Sleep Medicine Clinical Practice Guideline,” published in the February 2021 issue of the Journal of Clinical Sleep Medicine¹. This clinical practice guideline contains a **strong recommendation** that clinicians use multicomponent cognitive behavioral therapy for insomnia (CBT-I) for the treatment of chronic insomnia disorder in adults. We have attached this guideline for your reference. Coverage for behavioral health treatments should, therefore, include coverage for treatment of insomnia disorder, captured by the following diagnosis codes:

F51 Sleep disorders not due to a substance or known physiological condition

- F51.0 Insomnia not due to a substance or known physiological condition
- F51.01 Primary insomnia
- F51.02 Adjustment insomnia
- F51.03 Paradoxical insomnia
- F51.04 Psychophysiologic insomnia
- F51.05 Insomnia due to other mental disorder
- F51.09 Other insomnia not due to a substance or known physiological condition

We strongly urge you to review your current behavioral health coverage policy and make any necessary modifications to align your health and mental health policies with the AASM clinical practice guideline, as a means to support the practice of evidence-based medicine in adult patients with insomnia. If you have any questions regarding this matter, please contact AASM Director of Health Policy, Diedra Gray, at (630) 737-9700 or dgray@aasm.org.

¹ Edinger JD, Arnedt JT, Bertisch SM, et al. Behavioral and psychological treatments for chronic insomnia disorder in adults: an American Academy of Sleep Medicine clinical practice guideline. *J Clin Sleep Med*. 2021;17(2):255–262.