Date

MEDICAL DIRECTOR NAME

TITLE

COMPANY NAME

STREET ADDRESS

CITY, STATE, ZIP

Sent via Email:

Dear \_\_\_\_\_\_\_\_:

I am contacting you on behalf of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. We want to make you aware of the 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 Medicine[[1]](#endnote-1).This 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 insomnia disorder should therefore include procedure codes that are used for delivery of psychotherapies in addition to E&M codes.

# Other professional organizations, including the American College of Physicians (ACP) also recommend CBT for insomnia as the first line treatment for insomnia in adults (see “Management of chronic insomnia disorder in adults: A clinical practice guideline from the American College of Physicians,” published in the Annals of Internal Medicine.[[2]](#endnote-2) These recommendations are based on strong empirical evidence summarized in several reviews and meta-analyses.

We strongly urge you to review your current insomnia treatment policy and make any necessary modifications to align your health and mental health policies with the AASM and ACP guidelines 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 \_\_\_\_\_\_\_\_\_\_\_\_\_.

Sincerely,

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. [↑](#endnote-ref-1)
2. Qaseem A, Kansagara D, Forciea MA, Cooke M, Denberg TD; Clinical Guidelines Committee of the American College of Physicians. Management of Chronic Insomnia Disorder in Adults: A Clinical Practice Guideline From the American College of Physicians. Ann Intern Med. 2016 Jul 19;165(2):125-33. doi: 10.7326/M15-2175. Epub 2016 May 3. PMID: 27136449. [↑](#endnote-ref-2)