

Decision Chart for Sleep Disorders Patients*

Patient Report/Clinical Suspicion	Patient Referral/Order	CPT Code
Suspected sleep apnea, restless leg syndrome/periodic limb movement, or other intrinsic sleep disorder; the patient has never had a sleep study The patient previously had a sleep study greater than one year ago and needs a new sleep evaluation	Diagnostic Sleep Study	95810
Classic sleep apnea presentation and may have profound sleep apnea (apnea/hypopneas index >40)	Split Night Study	95180/95811
Recent Diagnosis of Sleep Apnea (< 1 year) and needs a sleep study with PAP† therapy	Titration Sleep Study	95811
Patient is currently using PAP therapy but needs fine adjustment of pressure, reassessment of pressure, or is having residual sleep symptoms; Last sleep study was < 1 year	Re-Titration Sleep Study	95811
Patient is currently using PAP therapy but needs fine adjustment of pressure, is having residual sleep symptoms, or needs new equipment; Last sleep study was > 1 year	Re-Assessment Titration	95811
Has used PAP therapy > 1 year ago but is not currently using therapy and needs to be reassessed for sleep apnea and PAP therapy	Diagnostic Sleep Study/ Possible Split Night Study	95810/95811
Is able to fall asleep with therapy but does not like mask Poor mask fit Embarrassment about using PAP therapy	CPAP Clinic	no charge
Cannot tolerate PAP pressure Claustrophobia or Anxiety Cannot Fall Alseep with PAP Therapy	PAP-NAP§	95807
Patient reports difficulty falling or staying asleep Patient has been on sleep medication with no response Patient wants to discuss non-pharmacological therapies for insomnia	Insomnia Clinic	
Sleep disturbance associated with mental health condition such as anxiety, depression, or posttraumatic stress disorder	Sleep Mental Health Clinic	n/a
Suspected Narcolepsy	Diagnostic Sleep Study plus Multiple Sleep Latency Test	95810 + 95805
General Sleep Compliant with no clear clinical suspicion	General Sleep Clinic	n/a

***Based on Standards of the American Academy of Sleep Medicine**

† PAP-means any positive airway pressure device including CPAP, bilevel, and adaptive-servo ventilation (ASV)

§ PAP-NAP-is a daytime nap study the allows the patient to try different masks and pressures while our staff monitors limited physiological parameter and assists them with relaxation techniques and other cognitive behavioral tools to help them overcome any obstacles to treatment such as claustrophobia or anxiety.

