Polysomnography (PSG), Portable or Home Sleep Study

Please check all clinical indications that apply
PSG, portable or home sleep study may be indicated when ALL of the following are present:

☐ Adult with obstructive sleep apnea, suspected, as indicated by **1 or more** of the following:
   ☐ Epworth Sleepiness Scale score of 10 or greater
   ☐ Excessive daytime sleepiness, fatigue, or awakening with gasping or choking, and high risk for injury (eg, falling asleep while driving)
   ☐ Excessive daytime sleepiness, fatigue, or awakening with gasping or choking, and risk factor for sleep apnea, as indicated by **1 or more** of the following:
      ☐ BMI greater than 30
      ☐ Resistant hypertension, as indicated by **ALL** of the following:
         ☐ Medication regimen includes 3 or more antihypertensive drugs at therapeutic dosages, including one diuretic.
         ☐ Office blood pressure above goal
   ☐ Observed apnea or choking episodes
   ☐ Significant oxygen desaturation (ie, less than 90%) on overnight pulse oximetry
   ☐ Snoring

☐ Agency providing in-home sleep study testing uses equipment that has been tested and validated in literature and has well-described protocols and quality-assurance program.

☐ No previous negative or inadequate home studies when obstructive sleep apnea or upper airway resistance syndrome suspected

☐ No chronic obstructive pulmonary disease or other lung disease

☐ No heart failure

☐ No history of complex sleep disorder (eg, narcolepsy, cataplexy, restless leg syndrome)

☐ No clinically significant neurologic or neuromuscular disease

☐ Patient has ability to manage equipment.

☐ Supported adequately by trained and qualified sleep specialist

Name and Title of Provider or Provider Representative Completing Form (Please Print)  

Date

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