

Clinical Policy: Facility-based Sleep Studies for Obstructive Sleep Apnea

Reference Number: MC.CP.MP.248

Date of Last Revision: 12/25

[Coding Implications](#)

[Revision Log](#)

See [Important Reminder](#) at the end of this policy for important regulatory and legal information.

Description

Polysomnography (PSG) is the continuous and concurrent monitoring and recording of various physiological and pathophysiological parameters of sleep that includes physician evaluation, interpretation, and dissemination. PSG is performed to diagnose various sleep disorders and evaluate the response to treatments such as continuous positive airway pressure (CPAP).⁶ This policy establishes the medical necessity requirements for facility-based PSG, split-night studies, bi-level and continuous positive airway pressure (CPAP/BiPAP) titration for suspected obstructive sleep apnea (OSA), and titration PSG for hypoglossal nerve stimulation. This policy is intended to supplement the criteria in Center for Medicare and Medicaid Services (CMS) local coverage determinations (LCDs)⁶ and National Coverage Determination 240.4.1³⁹. Supplementing the criteria offered by CMS and Medicare Administrative Contractors (MACs) with the coverage criteria in this policy helps to consistently determine the medical necessity of when a facility-based sleep study should be performed in lieu of a home-based study.

The policy criteria are derived from a combination of the American Academy of Sleep Medicine (AASM) guidelines^{14,23}, CMS LCDs⁶ and NCD 240.4.1³⁹, and systematic reviews^{4,5,7,9,10,19,22,25,26,27,28,29,30,31,32} which state that while PSG is currently considered the gold standard diagnostic test for OSA, home sleep apnea testing (HSAT) is an alternative method used and may be less costly and more efficient in some adult populations.²³ Indications not sourced from one of the reference types above are offered as supplemental options for meeting criteria in addition to those noted by AASM guidelines, local coverage determinations and systematic reviews.

Many HSAT devices have been validated against standard PSG, typically by testing the same patient with both modalities in the sleep laboratory. The sensitivity and specificity appear to be high in populations considered by sleep specialists to be at high risk of uncomplicated, moderate to severe OSA on the basis of clinical symptoms, assuming there are no comorbid medical disorders or other suspected sleep disorders.¹⁰

In addition to increased member/enrollee convenience, the main clinical advantage for HSAT is that sleep data can be obtained over several nights of sleep in the comfort of the member/enrollee's home rather than one night in a laboratory setting where the member/enrollee may not sleep for prolonged periods.

Given the performance of home sleep testing versus facility-based testing and the potential for medically appropriate members/enrollees to more closely replicate a typical night of sleep during home testing, as well as the criteria's consistency with AASM guidelines, this policy represents a favorable balance of benefits versus risks.

Note: For criteria applicable to non-Medicare plans, please see CP.MP.248 Facility-based Sleep Studies for Obstructive Sleep Apnea.

Note: For suspected central sleep apnea, please refer to nationally recognized clinical decision support tools.

Policy/Criteria

- I. It is the policy of Medicare health plans affiliated with Centene Corporation[®] that initial polysomnography (PSG) or a split-night study in a facility for evaluation of obstructive sleep apnea (OSA) for members/enrollees ≥ 18 years of age is **medically necessary** when meeting all of the following criteria:
 - A. Member/enrollee has suspected OSA⁵;
 - B. Portable or home sleep apnea testing (HSAT) is not appropriate due to one or more of the following:
 1. Portable/HSAT services are not available⁵;
 2. Member/enrollee is unable to properly operate or tolerate home study equipment, and another individual is not available to assist⁵;
 3. Previous HSAT results are negative or inadequate for diagnosis of suspected OSA²³;
 4. Previous HSAT results are negative or inadequate for autotitration of positive airway pressure (APAP) for suspected OSA²³;
 5. Chronic opioid use²³;
 6. Low pretest probability of OSA, such as (normal BMI (<30), normal airway (Mallampati score 1 to 2), no snoring, and normal neck circumference (less than 17 inches in biological males, and less than 16 inches in biological females)).
- Note:** HSAT has a lower sensitivity for detection of OSA, making a facility PSG more appropriate in the presence of a low pretest probability of OSA^{23,28};
7. Member/enrollee works in a mission-critical role, where falling asleep on duty would have a major negative impact (examples of roles include, but are not limited to, airline pilots, bus drivers, taxi drivers, ride-sharing drivers, truck drivers, train operators, police, security, military posts, and astronauts)^{4,23};
8. Member/enrollee has a BMI of ≥ 50 kg/m²;
9. **Both** of the following:
 - a. Member/enrollee has documentation of one or more of the following risk factors:
 - i. Moderate to severe chronic pulmonary disease^{6,23};
 - ii. Congestive heart failure as evidenced by New York Heart Association (NYHA) class III or IV.^{6,23,29,30}
Note: See Table 1 below for NYHA classifications;
 - iii. History of ventricular fibrillation or sustained ventricular tachycardia in the absence of an implanted defibrillator;
 - iv. Neurologic or neuromuscular disease (e.g., stroke with significant residual effects, epilepsy, Parkinson's disease, spina bifida, myotonic dystrophy, amyotrophic lateral sclerosis)^{6,23};
 - v. Concern for presence of non-respiratory sleep disorder(s) that require evaluation or interfere with HSAT (e.g. disorders of central hypersomnolence, parasomnias, sleep related movement disorders, severe insomnia)²³;
 - vi. Hypoventilation syndrome²³;

- b. Member/enrollee has signs or symptoms suggestive of OSA as evidenced by all of the following²³:
 - i. Daytime sleepiness⁹;
 - ii. Two or more of the following²³:
 - a) Habitual loud snoring;
 - b) Observed apnea or awakening with gasping or choking;
 - c) Diagnosis of hypertension.

II. It is the policy of Medicare health plans affiliated with Centene Corporation that repeat facility-based polysomnography (PSG) or split-night study (after an initial PSG or split-night study) for evaluation of OSA for members/enrollees ≥ 18 years of age is **medically necessary** when meeting all of the following:

- A. All of the criteria in section I.B are met;
- B. The requested study and any previous studies amount to two or less per rolling year⁶;
- C. Any of the following:
 - 1. Oral appliance has been adjusted for fit and requires assessment of efficacy⁶;
 - 2. A change of device is needed due to intolerance of current device⁶;
 - 3. Assessment of whether positive airway pressure (PAP) treatment settings need to be changed (including but not limited to continued symptoms despite adherent use: at least four hours/night for 70% of nights over a 30-day period)³³;
 - 4. Significant weight loss ($\geq 10\%$) in a member/enrollee using PAP to determine if it can be discontinued^{6,34};
 - 5. Member/enrollee has had significant weight gain ($\geq 10\%$) or recurrent symptoms and a repeat study will help inform whether PAP should be reinstituted⁶;
 - 6. Postoperative assessment of efficacy of surgery to treat OSA after upper airway surgical procedures⁶;
 - 7. Remote history of OSA and not on PAP with a need to re-establish diagnosis and/or initiate CPAP;
 - 8. Suspicion of obstructive sleep apnea due to new signs or symptoms (e.g., weight gain accompanied by symptoms, new nocturia) in member/enrollee with previous negative study;
 - 9. Initial polysomnogram is negative and clinical suspicion for OSA remains, a second polysomnogram [may] be considered for the diagnosis of OSA.²³

III. It is the policy of Medicare health plans affiliated with Centene Corporation that facility-based titration of CPAP/BiPAP for evaluation of OSA for members/enrollees ≥ 18 years of age is **medically necessary** when meeting one of the following:

- A. Meets criteria in section I. for facility-based sleep study and has not attempted a home-based study for titration of APAP^{15,25};
- B. Diagnosed with OSA during HSAT and there is evidence or documentation of failure of an APAP trial including, but not limited to, downloaded compliance data.²³

IV. It is the policy of Medicare health plans affiliated with Centene Corporation that facility-based titration PSG for hypoglossal nerve stimulation is **medically necessary** when performed between three and six months after device implantation.³⁷

- V. It is the policy of health plans affiliated with Centene Corporation that there is insufficient evidence to support the use of actigraphy testing alone for diagnosis of obstructive sleep apnea as its effectiveness has not been established.⁶

Table 1: NYHA Classifications of Heart Failure ²⁴	
Classification	Characteristics
Class I	Patients with cardiac disease but without the resulting limitations in physical activity. Ordinary activity does not cause undue fatigue, palpitation, dyspnea, or anginal pain
Class II	Patients with heart disease resulting in slight limitations of physical activity. They are comfortable at rest. Ordinary physical activity results in fatigue, palpitation, dyspnea or anginal pain
Class III	Patients with cardiac disease resulting in marked limitation of physical activity. They are comfortable at rest. Less than ordinary physical activity causes fatigue, palpitation, dyspnea, or anginal pain.
Class IV	Patients with cardiac disease resulting in inability to carry on any physical activity without discomfort. The symptoms of cardiac insufficiency or of the anginal syndrome may be present even at rest. If any physical activity is undertaken, discomfort increases.

Background

Sleep-disordered breathing consists of several distinct disorders including obstructive sleep apnea (OSA), central sleep apnea (CSA), both with and without Cheyne-Stokes respiration, and sleep-related hypoventilation and hypoxemia.^{2,3} Sleep apnea, a serious and potentially dangerous sleep disorder in which breathing repeatedly stops and starts, is divided into two main types, OSA and CSA.^{4,5,6,7} The most common form of sleep apnea, OSA, is characterized by the partial or complete collapse of the upper airway during sleep, which causes symptoms such as excessive daytime sleepiness, gasping, snorting, loud snoring, and interrupted breathing.^{4,5}

The International Classification of Sleep Disorders defines OSA as five or more predominantly obstructive respiratory events per hour in the presence of symptoms or certain comorbidities; or by 15 or more predominantly obstructive respiratory events per hour in asymptomatic patients.⁴ Global estimates suggest that 936 million people between the ages of 30 and 69 years old have been diagnosed with mild to severe OSA and 425 million people with moderate to severe OSA.⁴

A detailed sleep history and examination accompanied by validated screening tools such as the Epworth Sleepiness Scale or STOP-Bang questionnaire, assist with the identification of patients with sleep-disordered breathing.³ However, sleep testing is necessary for diagnostic confirmation.³

OSA should be suspected when a patient presents with excessive daytime sleepiness, snoring and choking, or gasping during sleep, especially in the presence of high-risk factors like advanced age and obesity, and in those with a male reproductive system. Additional complications related to OSA include refractory hypertension, atrial fibrillation, nocturnal angina, dysrhythmias, congestive heart failure, stroke, and transient ischemic attacks.^{4,8,9}

Polysomnography (PSG) is a comprehensive sleep study that monitors several physiologic components relevant to the assessment of sleep-disordered breathing such as sleep stage, respiratory flow, respiratory effort, pulse oximetry and ventilation.^{2,11} PSG results are interpreted by the reviewing clinician and treatment recommendations are made based on the recorded signals, results of scoring, and clinical history.¹² PSG tests can be used as a part of the diagnosis of a variety of additional sleep disorders including sleep-related movement disorders, narcolepsy, and certain parasomnias.¹² They are also used for titration of positive airway pressure and to assess the adequacy of ongoing therapy.^{11,13}

PSG is conducted as a full-night study or split night study. A full night study involves monitoring the patient overnight, and if OSA is diagnosed, a return to the facility for PAP titration is sometimes necessary. A split-study involves monitoring of the patient's sleep pattern for the first part of the night, and if OSA is diagnosed, PAP titration is initiated the second part of the night.⁴

Home sleep apnea testing (HSAT) may be an appropriate, less stressful option for select patients with a high pretest probability of moderate to severe uncomplicated OSA, provided there is no suspicion of non respiratory sleep disorders (e.g., narcolepsy, severe insomnia, parasomnias, movement disorders); no significant cardiorespiratory disease (e.g., COPD, asthma, CHF); they are not a mission-critical worker (e.g., airline pilot, bus driver, truck driver, astronaut); and a sleep expert is available to interpret the results.^{4,5,11,14,15}

The most common HSAT devices currently used are classified as sleep monitoring devices of type 3 and type 4. Type 3 is preferred to type 4 because of the additional number of variables measured- four to seven versus one to three variables. The AASM considers home monitoring devices adequate when a minimum of the following sensors are included: nasal pressure, chest and abdominal respiratory inductance plethysmography, oximetry, or peripheral artery tone (PAT), actigraphy, oximetry.^{4,10,16}

Studies have demonstrated the validity of HSAT results when compared to facility-based PSG. They note high sensitivity and specificity in populations at high risk of moderate to severe OSA based on clinical symptoms and in the absence of significant comorbidities that affect sleep or non respiratory sleep disorders.^{4,10,16}

Advantages of HSAT include the convenience of testing at home and cost effectiveness.¹⁰ The primary disadvantage of HSAT is that fewer physiologic variables are measured when compared with facility-based PSG, which can increase the likelihood for false-negative results. For most patients with suspected mild OSA, facility-based PSG is preferred since HSAT may lead to the under detection of sleep-related events in this population.^{4,10}

The standard of care for hypoglossal nerve stimulation (HNS) titration is a facility-based titration PSG, which is completed approximately three to six months after device activation and patient acclimation to the device. Titration PSG is essential to objectively assess device settings in order to calibrate stimulation strength to achieve both treatment efficacy and patient comfort.³⁷

Coding Implications

This clinical policy references Current Procedural Terminology (CPT[®]). CPT[®] is a registered trademark of the American Medical Association. All CPT codes and descriptions are copyrighted 2024, American Medical Association. All rights reserved. CPT codes and CPT descriptions are from the current manuals and those included herein are not intended to be all-inclusive and are included for informational purposes only. Codes referenced in this clinical policy are for informational purposes only. Inclusion or exclusion of any codes does not guarantee coverage. Providers should reference the most up-to-date sources of professional coding guidance prior to the submission of claims for reimbursement of covered services.

CPT codes that support coverage

CPT ^{®*} Codes	Description
95807	Sleep study, simultaneous recording of ventilation, respiratory effort, ECG or heart rate, and oxygen saturation, attended by a technologist
95808	Polysomnography; any age, sleep staging with 1-3 additional parameters of sleep, attended by a technologist
95810	Polysomnography; age 6 years or older, sleep staging with 4 or more additional parameters of sleep, attended by a technologist
95811	Polysomnography; age 6 years or older, sleep staging with 4 or more additional parameters of sleep, with initiation of continuous positive airway pressure therapy or bilevel ventilation, attended by a technologist

CPT codes that do not support coverage

CPT ^{®*} Codes	Description
95803	Actigraphy testing, recording, analysis, interpretation, and report (minimum of 72 hours to 14 consecutive days of recording)

Reviews, Revisions, and Approvals	Revision Date	Approval Date
Policy developed. Internal and external specialist review.	12/23	12/23
Annual review. Description updated with no impact on criteria. Minor rewording in Criteria I., I.A., and I.B.3. with no impact to criteria. Changed I.B.3 into two indications in I.B.3 and 4 for clarity. Updated wording in Criteria I.B.8.a.v. and added addition of disorders that interfere with HSAT. Removed “moderate to-to-high-risk” verbiage in Criteria I.B.8.b. and updated outline of criteria. Removed Epworth Sleepiness Scale criteria from I.B.8.b.i. Added Criteria I.B.8.b.ii.c) which states, “Diagnosis of hypertension.” Minor rewording in Criteria II. with no impact to criteria. References reviewed and updated.	10/24	10/24
Annual review. Description updated to include titration polysomnography (PSG) for hypoglossal nerve stimulation (HNS). Added clarifying language in Criteria I.B.6. with no impact on criteria. Updated verbiage in Criteria I.B.7. for clarity with no impact to criteria. Added Criteria IV. to include titration PSG for HNS. Added “Medicare” verbiage throughout criteria for clarification. Background updated to	10/25	10/25

Reviews, Revisions, and Approvals	Revision Date	Approval Date
include information regarding titration PSG for HNS. Coding and descriptions reviewed. References reviewed and updated. Reviewed by internal specialist and external specialist.		
Updated policy description to include NCD 240.4.1 and note why the criteria in CMS LCDs and NCD were supplemented with this policy. References updated.	12/25	

References

1. Pavlova MK, Latreille V. Sleep Disorders. *Am J Med*. 2019;132(3):292 to 299. doi:10.1016/j.amjmed.2018.09.021
2. Schulman D. Polysomnography in the evaluation of sleep-disordered breathing in adults. UpToDate. www.uptodate.com. Updated April 26, 2024. Accessed September 04, 2025.
3. Foldvary-Schaefer NR, Waters TE. Sleep-Disordered Breathing. *Continuum (Minneapolis)*. 2017;23(4, Sleep Neurology):1093 to 1116. doi:10.1212/01.CON.0000522245.13784.f6
4. Kline LR. Clinical presentation and diagnosis of obstructive sleep apnea in adults. UpToDate. www.uptodate.com. Updated June 11, 2025. Accessed September 04, 2025.
5. Laratta CR, Ayas NT, Povitz M, Pendharkar SR. Diagnosis and treatment of obstructive sleep apnea in adults. *CMAJ*. 2017;189(48):E1481 to E1488. doi:10.1503/cmaj.170296
6. Local coverage determination: polysomnography and other sleep studies (L36902). Centers for Medicare and Medicaid Services Web site. <http://www.cms.hhs.gov/mcd/search.asp>. Published March 06, 2017 (revised February 27, 2025). Accessed September 11, 2025.
7. Badr MS. Central sleep apnea: risk factors, clinical presentation, and diagnosis. UpToDate. www.uptodate.com. Updated August 26, 2025. Accessed September 05, 2025.
8. Franklin KA, Lindberg E. Obstructive sleep apnea is a common disorder in the population-a review on the epidemiology of sleep apnea. *J Thorac Dis*. 2015;7(8):1311 to 322. doi:10.3978/j.issn.2072-1439.2015.06.11
9. Tam W, Ng SS, To KW, Ko FW, Hui DS. The interaction between hypertension and obstructive sleep apnea on subjective daytime sleepiness. *J Clin Hypertens (Greenwich)*. 2019;21(3):390 to 396. doi:10.1111/jch.13485
10. Collop N, Kundel V. Home sleep apnea testing for obstructive sleep apnea in adults. UpToDate. www.uptodate.com. Updated June 10, 2025. Accessed September 05, 2025.
11. Kramer NR, Millman RP. Overview of polysomnography in adults. UpToDate. www.uptodate.com. Updated July 14, 2025. Accessed September 05, 2025.
12. Chervin RD. Approach to the patient with excessive daytime sleepiness. UpToDate. www.uptodate.com. Updated September 02, 2025. Accessed September 08, 2025.
13. Aboussouan LS, Mireles-Cabodevila E. Sleep-Disordered Breathing in Neuromuscular Disease: Diagnostic and Therapeutic Challenges. *Chest*. 2017;152(4):880 to 892. doi:10.1016/j.chest.2017.03.023
14. Patil SP, Ayappa IA, Caples SM, Kimoff RJ, Patel SR, Harrod CG. Treatment of Adult Obstructive Sleep Apnea with Positive Airway Pressure: An American Academy of Sleep Medicine Clinical Practice Guideline. *J Clin Sleep Med*. 2019;15(2):335 to 343. Published 2019 Feb 15. doi:10.5664/jcsm.7640

15. Mendonça F, Mostafa SS, Ravelo-García AG, Morgado-Dias F, Penzel T. Devices for home detection of obstructive sleep apnea: A review. *Sleep Med Rev.* 2018;41:149 to 160. doi:10.1016/j.smrv.2018.02.004
16. Westenberg JN, Petrof BJ, Noel F, et al. Validation of home portable monitoring for the diagnosis of sleep-disordered breathing in adolescents and adults with neuromuscular disorders. *J Clin Sleep Med.* 2021;17(8):1579 to 1590. doi:10.5664/jcsm.9254
17. Mokhlesi B, Masa JF, Brozek JL, et al. Evaluation and Management of Obesity Hypoventilation Syndrome. An Official American Thoracic Society Clinical Practice Guideline. *Am J Respir Crit Care Med.* 2019;200(3):e6-e24. doi:10.1164/rccm.201905-1071ST
18. Sateia MJ. International classification of sleep disorders-third edition: highlights and modifications. *Chest.* 2014;146(5):1387 to 1394. doi:10.1378/chest.14-0970
19. Carey RM, Calhoun DA, Bakris GL, et al. Resistant Hypertension: Detection, Evaluation, and Management: A Scientific Statement From the American Heart Association. *Hypertension.* 2018;72(5):e53 to e90. doi:10.1161/HYP.0000000000000084
20. Steffen A, König IR, Baptista PM, Abrams N, Jeschke S, Hasselbacher K. Home Sleep Testing to Direct Upper Airway Stimulation Therapy Optimization for Sleep Apnea. *Laryngoscope.* 2021;131(4):E1375 to E1379. doi:10.1002/lary.29043
21. Piper A, Yee B. Clinical manifestations and diagnosis of obesity hypoventilation syndrome. UpToDate. www.uptodate.com. Updated July 11, 2024. Accessed September 08, 2025.
22. Thomas SJ, Gamble K. Actigraphy in the evaluation of sleep disorders. UpToDate. www.uptodate.com. Updated October 30, 2024. Accessed September 08, 2025.
23. Kapur VK, Auckley DH, Chowdhuri S, et al. 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 to 504. Published 2017 Mar 15. doi:10.5664/jcsm.6506
24. American Heart Association. Classes and Stages of Heart Failure. <https://www.heart.org/en/health-topics/heart-failure/what-is-heart-failure/classes-of-heart-failure>. Updated May 21, 2025. Accessed September 08, 2025.
25. Kushida CA, Chediak A, Berry RB, et al. Clinical guidelines for the manual titration of positive airway pressure in patients with obstructive sleep apnea. *J Clin Sleep Med.* 2008;4(2):157-171.
26. Freedman N, Kuzniar TJ. Mode selection for titration in positive airway pressure in adults with obstructive sleep apnea. UpToDate. www.uptodate.com. Updated May 22, 2024. Accessed September 08, 2025.
27. Collop NA, Anderson WM, Boehlecke B, et al. Clinical guidelines for the use of unattended portable monitors in the diagnosis of obstructive sleep apnea in adult patients. Portable Monitoring Task Force of the American Academy of Sleep Medicine. *J Clin Sleep Med.* 2007;3(7):737 to 747.
28. Epstein LJ, Kristo D, Strollo PJ Jr, et al. Clinical guideline for the evaluation, management and long-term care of obstructive sleep apnea in adults. *J Clin Sleep Med.* 2009;5(3):263 to 276.
29. Li S, Xu L, Dong X, et al. Home sleep apnea testing of adults with chronic heart failure. *J Clin Sleep Med.* 2021;17(7):1453 to 1463. doi:10.5664/jcsm.9224
30. Thornton CS, Pendharkar SR. Home sleep apnea testing for chronic heart failure: time to break the Cheyne?. *J Clin Sleep Med.* 2021;17(7):1339 to 1341. doi:10.5664/jcsm.9334

31. Lee JJ, Sundar KM. Evaluation and Management of Adults with Obstructive Sleep Apnea Syndrome. *Lung*. 2021;199(2):87 to 101. doi:10.1007/s00408-021-00426-w
32. Dzieciołowska-Baran E, Gawlikowska-Sroka A, Szczurowski J. Diagnosis of Sleep-Disordered Breathing in the Home Environment. *Adv Exp Med Biol*. 2020;1271:107 to 112. doi:10.1007/5584_2020_497
33. Local coverage determination: positive airway pressure (PAP) devices for the treatment of obstructive sleep apnea (L33718). Centers for Medicare and Medicaid Services Web site. <http://www.cms.hhs.gov/mcd/search.asp>. Published October 01, 2015 (revised January 01, 2024). Accessed September 08, 2025.
34. Caples SM, Anderson WM, Calero K, Howell M, Hashmi SD. Use of polysomnography and home sleep apnea tests for the longitudinal management of obstructive sleep apnea in adults: an American Academy of Sleep Medicine clinical guidance statement. *J Clin Sleep Med*. 2021;17(6):1287-1293. doi:10.5664/jcsm.9240
35. Local coverage determination: polysomnography and other sleep studies (L36902). Centers for Medicare and Medicaid Services Web site. <http://www.cms.hhs.gov/mcd/search.asp>. Published March 06, 2017 (revised February 27, 2025). Accessed September 08, 2025.
36. Local coverage determination: hypoglossal nerve stimulation for the treatment of obstructive sleep apnea (L38307). Centers for Medicare and Medicaid Services Web site. <http://www.cms.hhs.gov/mcd/search.asp>. Published April 01, 2020 (revised March 06, 2025). Accessed September 11, 2025.
37. Kent D, Huyett P, Yu P, et al. Comparison of clinical pathways for hypoglossal nerve stimulation management: in-laboratory titration polysomnography vs home-based efficacy sleep testing. *J Clin Sleep Med*. 2023;19(11):1905-1912. doi:10.5664/jcsm.10712
38. Ikpeze T. Diagnosing Obstructive Sleep Apnea. <https://www.sleepapnea.org/obstructive-sleep-apnea/diagnosis/>. Updated June 26, 2023. Accessed September 16, 2025.
39. Centers for Medicare and Medicaid Services. National Coverage Determination 240.4.1: Sleep testing for obstructive sleep apnea (OSA). CMS.gov. March 3, 2009. Accessed December 2, 2025. <https://www.cms.gov/medicare-coverage-database/view/ncd.aspx?ncdid=330&ncdver=1&keyword=polysomnography&keywordType=starts&areaId=all&docType=NCD&contractOption=all&sortBy=relevance&bc=1>.

Important Reminder

This clinical policy has been developed by appropriately experienced and licensed health care professionals based on a review and consideration of currently available generally accepted standards of medical practice; peer-reviewed medical literature; government agency/program approval status; evidence-based guidelines and positions of leading national health professional organizations; views of physicians practicing in relevant clinical areas affected by this clinical policy; and other available clinical information. The Health Plan makes no representations and accepts no liability with respect to the content of any external information used or relied upon in developing this clinical policy. This clinical policy is consistent with standards of medical practice current at the time that this clinical policy was approved. “Health Plan” means a health plan that has adopted this clinical policy and that is operated or administered, in whole or in part, by Centene Management Company, LLC, or any of such health plan’s affiliates, as applicable.

The purpose of this clinical policy is to provide a guide to medical necessity, which is a component of the guidelines used to assist in making coverage decisions and administering benefits. It does not constitute a contract or guarantee regarding payment or results. Coverage decisions and the administration of benefits are subject to all terms, conditions, exclusions and limitations of the coverage documents (e.g., evidence of coverage, certificate of coverage, policy, contract of insurance, etc.), as well as to state and federal requirements and applicable Health Plan-level administrative policies and procedures.

This clinical policy is effective as of the date determined by the Health Plan. The date of posting may not be the effective date of this clinical policy. This clinical policy may be subject to applicable legal and regulatory requirements relating to provider notification. If there is a discrepancy between the effective date of this clinical policy and any applicable legal or regulatory requirement, the requirements of law and regulation shall govern. The Health Plan retains the right to change, amend or withdraw this clinical policy, and additional clinical policies may be developed and adopted as needed, at any time.

This clinical policy does not constitute medical advice, medical treatment or medical care. It is not intended to dictate to providers how to practice medicine. Providers are expected to exercise professional medical judgment in providing the most appropriate care, and are solely responsible for the medical advice and treatment of members/enrollees. This clinical policy is not intended to recommend treatment for members/enrollees. Members/enrollees should consult with their treating physician in connection with diagnosis and treatment decisions.

Providers referred to in this clinical policy are independent contractors who exercise independent judgment and over whom the Health Plan has no control or right of control. Providers are not agents or employees of the Health Plan.

This clinical policy is the property of the Health Plan. Unauthorized copying, use, and distribution of this clinical policy or any information contained herein are strictly prohibited. Providers, members/enrollees and their representatives are bound to the terms and conditions expressed herein through the terms of their contracts. Where no such contract exists, providers, members/enrollees and their representatives agree to be bound by such terms and conditions by providing services to members/enrollees and/or submitting claims for payment for such services.

Note: For Medicaid members/enrollees, when state Medicaid coverage provisions conflict with the coverage provisions in this clinical policy, state Medicaid coverage provisions take precedence. Please refer to the state Medicaid manual for any coverage provisions pertaining to this clinical policy.

Note: For Medicare members/enrollees, to ensure consistency with the Medicare National Coverage Determinations (NCD) and Local Coverage Determinations (LCD), all applicable NCDs, LCDs, and Medicare Coverage Articles should be reviewed prior to applying the criteria set forth in this clinical policy. Refer to the CMS website at <http://www.cms.gov> for additional information.

©2023 Centene Corporation. All rights reserved. All materials are exclusively owned by Centene Corporation and are protected by United States copyright law and international copyright law. No part of this publication may be reproduced, copied, modified, distributed, displayed, stored in a retrieval system, transmitted in any form or by any means, or otherwise published without the prior written permission of Centene Corporation. You may not alter or remove any trademark, copyright or other notice contained herein. Centene® and Centene Corporation® are registered trademarks exclusively owned by Centene Corporation.