Requests for Kaiser “In Lab” sleep studies must meet specific criteria (see attached):

- Requests are reviewed by a Quality Resource RN.
- When criteria are not met a Denial will be sent to the requesting provider.

Advantages of a Kaiser Permanente “In-Home” Sleep Study:

- Less cost for the patient
- More comfortable and convenient, study is done in the patient's home
- Embla (testing equipment) teach provided, placement and fitting of the testing equipment
  - Patient watches a video and completes a questionnaire regarding their sleep and medical history
- High patient compliance resulting from:
  - Sleep Study results reviewed in detail, with the patient
  - Copy sent to the requesting provider
  - Meeting with sleep therapist to try equipment on
  - Follow up call generated, post 1 week, to address any concerns or fitting issues
- Subject Matter Experts (Pulmonologist/Sleep Team) determine if additional, more extensive testing, is needed.
  - If additional testing is needed, the Sleep Team will request an order from the requesting provider to a Kaiser Permanente SoCO contracted sleep lab.

2 Kaiser Permanente Southern Colorado Locations for “In Home” Sleep Studies:

- Colorado Springs – Parkside Medical Office-215 Parkside Drive, Colorado Springs, CO 80910
- Pueblo - Pueblo North Medical Office-3670 Parker Blvd. Ste. 200, Pueblo, CO 81008

Recommended CPT code for an “In Home” Sleep Study):

- 95806 (other; 95800-95801)
  - Place of Service: Kaiser Sleep Department

Kaiser Pre-Authorization Paper Form Manual Instructions:

- Kaiser Pre-Authorization Paper Form
  - Manually Fax with clinicals to 866-529-0934
  - Include CPT code and Place of Service
  - Fax previous sleep study, if applicable

Affiliate Link Referral Request Instructions:

Instructions to create an Affiliate Link referral for Kaiser “In Home” Sleep Study:

Affiliate Link “In Home” Sleep Study Referral Instructions*

Instructions to create an Affiliate Link referral for an “In Lab” Sleep Study:

Follow the “Referrals and Authorization” Quick Link on the Home page in Affiliate Link

Additional questions, regarding Kaiser Permanente Sleep Department, can be directed to your Provider Experience team:

- Cheryl Tillery (Pueblo, Canon City, CHPG, UCHMG)
  - Cheryl.A.Tillery@kp.org
- Rhonda Meili (Colorado Springs, Monument, Woodland Park, MVMG, CSHP/DaVita)
  - Rhonda.R.Meili@kp.org

* This link will open a new window. If you can't view this new page, please make sure that you've disabled any pop-up blockers on your computer.

Revised 11.28.17_cm
Kaiser Permanente Colorado
Clinical Practice Guideline

Adult Sleep Study Guideline

Criteria for Portable Sleep Studies*

Polysomnography (PSG), portable or home sleep study, may be indicated when ALL of the following are present:

1. Clinical need for sleep study, as indicated by 1 or more of the following:
   - Initial Study:
     - Significant snoring
     - Observed apnea or choking episodes
     - Significant oxygen desaturation on overnight pulse oximetry
     - Falling asleep while driving
     - Epworth sleepiness score of 10 or greater
     - Daytime sleepiness, fatigue, or awakening with gasping or choking, and patient is commercial vehicle driver
     - Daytime sleepiness and significant risk factor for sleep apnea (e.g., hypertension, BMI greater than 30 kg/m2)
     - Hypertension that is uncontrolled despite 3-drug regimen that includes diuretic
   - OR
   - Follow-up study 1 year after surgery that was performed to treat sleep apnea and 1 or more of the following:
     - Witnessed apnea persisting after surgery, or
     - Apnea-hypopnea index or respiratory disturbance index 20 or greater on preoperative polysomnography.

2. Patient able to properly operate or tolerate home study equipment.

3. No history of complex sleep disorder (e.g., narcolepsy, cataplexy, restless leg syndrome)

Sources from Milliman Guideline:


*The original Milliman Care Guidelines® content created by Milliman Care Guidelines has been revised. Milliman Care Guidelines has neither reviewed nor approved the modified material. All other unmodified content is copyright © Milliman Care Guidelines.

Revised 11.28.17_cm