

Diagnostic Sleep Study Worksheet: Adult

(initial testing)

Patient Name _____ DOB _____ Age _____

Health Plan _____ Member Number _____

Requesting Physician _____ Sleep Study Provider _____

Directions:

Collect patient information from the requesting physician. Submit online (www.ProviderPortal.com) for an instant response.

Diagnostic Sleep Study Type (check one) : Home Sleep Study In-Lab Sleep Study (PSG)

Has this patient previously has a full night PSG or HST? Yes No

Primary Suspected Diagnosis _____

Apnea Events

The patient has observed apnea during sleep Yes No Unknown

Clinical History

(please check all that apply)

- Excessive daytime sleepiness (ESS) evidenced by:
 - Epworth Sleepiness Scale (ESS) >10, or
 - Inappropriate daytime napping (during conversation, driving or eating), or
 - Sleepiness that interferes with daily activities
- Habitual snoring, or, gasping/choking episodes associated with awakenings
- Treatment resistant hypertension
- Soft tissue abnormalities or neuromuscular diseases involving the craniofacial area or upper airway
- Obesity
 - BMI* > 30:
 - Calculated BMI: _____
 - Patient Height _____ Patient Weight _____
 - Neck circumference >17" for males and > 16" for females

Comorbid Conditions

- Stroke (CVA) within the last 30 days
- Transient Ischemic Attack (TIA)
- Coronary Artery Disease (CAD)
- Sustained supraventricular tachycardic arrhythmias
- Sustained supraventricular bradycardic arrhythmias



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(initial testing) continued

Contraindications to a Home Study

- The patient is 18 years old or younger
- Moderate or Severe Chronic Obstructive Pulmonary Disease (COPD) – Forced expiratory volume in 1 second/Forced vital capacity (FEV1/FVC) less than or equal to 0.7 and FEV1 less than 80% predicted
- Moderate or severe congestive heart failure (CHF) – New York Heart Association (NYHA) class III or IV
- CHF with a history of ventricular fibrillation or sustained ventricular tachycardia in a patient who does not have an implanted defibrillator
- Cognitive impairment (unable to follow simple instructions) resulting in inability to apply the home sleep testing equipment when another individual is not available to assist with the task
- Physical impairment resulting in inability to apply the home sleep testing equipment when another individual is not available to assist with this task
- Oxygen dependent for any reason
- Stroke (CVA) within the last 30 days
- Current use of opiate narcotics
- Body Mass Index (BMI) >33 and elevated serum bicarbonate level (>28mmol/L)
- Established diagnosis of obesity hypoventilation syndrome

Order Type

If you are requesting an In-Lab Study (PSG) and Contraindications to a Home Sleep Study are not present, do you want to switch to a Home Sleep Study? Yes No

*AIM's **ProviderPortal** will compute patient BMI based on height/weight entered

