

# SLEEP APNEA DOCUMENTATION

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

Need 2 items for Medicare patients to qualify for a sleep study or polysomnogram (PSG):

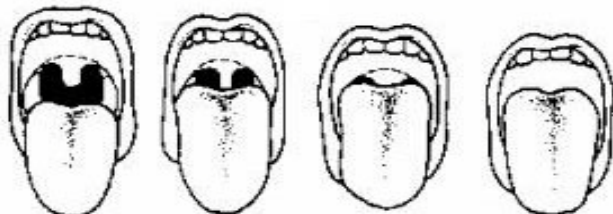
1. Initial face-to-face office visit with documentation of symptoms (need to have at least one of the seven symptoms/disorders below to qualify a Medicare patient for a sleep study). An Epworth Sleepiness Scale can help quantify the degree of sleepiness.
2. Appropriate physical examination (see box below)

Qualification for a sleep study (Please check any of the items below)

1. \_\_\_\_ **Excessive daytime sleepiness**-----|
2. \_\_\_\_ **Impaired cognition (poor memory)** |
3. \_\_\_\_ **Mood disorders (depression)** |
4. \_\_\_\_ **Hypertension** | **Must have one of these 7 for MCR**
5. \_\_\_\_ **Coronary artery disease** |
6. \_\_\_\_ **History of Stroke/CVA** |
7. \_\_\_\_ **Insomnia** -----|
8. \_\_\_\_ Nonrefreshing sleep
9. \_\_\_\_ Witnessed apneas during sleep
10. \_\_\_\_ Loud snoring
11. \_\_\_\_ Complex parasomnia

Physical Examination:

1. Height \_\_\_\_ inches
2. Weight \_\_\_\_\_ pounds
3. Body Mass Index (BMI) \_\_\_\_\_
4. Neck circumference \_\_\_\_ inches
5. Exam shows CHF \_\_\_\_ COPD \_\_\_\_
6. Tonsillar size (circle) 0 1+ 2+ 3+ 4+
7. Mallampati class (circle below) \_\_\_\_\_



**Class 1 Class 2 Class 3 Class 4**