

# The Benefits of Home Sleep Testing

## *In your practice!*

With your new sleep testing program in place, you will want to make it beneficial to your patients as well as your practice. Our company recommends that you follow the items below to enhance your practice. If your practice needs more information, contact our offices and we will gladly assist.

**First Visit:** Screen all patients for potential sleep disorders and evaluate for excessive daytime sleepiness and fatigue on your patients as common signs of sleep apnea.

- ✓ Epworth Sleepiness Scale
- ✓ STOP-BANG Questionnaire

*\*Our company has created clinical forms to aide you with screening your patients for potential sleep disorders. These forms can be found online at [www.advdiagnostic.com/HST](http://www.advdiagnostic.com/HST).*

**Second Visit:** Perform the sleep evaluation to determine if a Home Sleep Test is right for your patient.

- ✓ Sleep History & Symptoms
- ✓ Focused Cardiopulmonary & Upper Airway Evaluation
- ✓ Order Home Sleep Test *(If Appropriate)*
- ✓ Schedule F/U visit to review HST results

**Third Visit:** Review the HST results interpreted by one of our Board-Certified Sleep Physicians who also includes recommendations.

- ✓ If applicable, order CPAP therapy through DME supplier
- ✓ Schedule patient for required F/U for CPAP Compliance

**Fourth Visit:** Complete the required compliance visit and evaluate your patient's CPAP usage based on CPAP download. Document your findings and improvements based on the usage of CPAP therapy. Forward this visit to the DME supplier for their records for insurance purposes.

**Fifth Visit:** Throughout the continuation of CPAP therapy, monitor your patient on a regular basis. Most physicians find that six-month intervals satisfy patient compliance, but if patients need visits sooner, schedule them as needed to ensure therapy continues as a success.

**In-between Visits:** Outside of your typical patient visits, you can manage PAP downloads by compiling and billing for reports using the CPT Code 94660 for PAP initiation and management. By reviewing your patient's PAP downloads, you can easily track & manage their PAP compliance.

*These visit recommendations are based on the proper way to evaluate and monitor patients with sleep disorders and PAP therapy. Although these visits do not have to be conducted in this manner, the Face-to-Face sleep evaluation and compliance evaluation and required by Medicare and most insurance plans.*



*Your national HST Provider!*