

# Sleep Study/Evaluation & Positive Airway Pressure Machines

## Sleep Study/Evaluation Order

If you have concerns that your patient may have sleep apnea, consult sleep medicine and include the following information in the consult:

- Symptoms (snoring, sleepiness, etc.)
- STOP Score

Indicate which is being requested:

- Diagnostic sleep study
- Full evaluation for sleep disorders



## PAP Machines

There are multiple manufacturers of PAP machines and different types of machines. For more recommendations about PAP machines in your area, refer to your local sleep medicine providers who may be able to provide additional resources.

For uncomplicated patients with newly diagnosed OSA, a CPAP titration is usually unnecessary. The use of a home auto-adjusting PAP (APAP) machine can eliminate the need for a titration sleep study for most patients.\*

### Generic Order Example

Provided here are the elements of a generic order that could be used as a starting point to obtain an APAP machine, including all the necessary associated equipment.

- Please provide an auto-adjusting PAP (APAP) machine for OSA with full-time wireless monitoring at a pressure range of 4-20cmH<sub>2</sub>O.
- Please provide custom fitted mask of choice for patient comfort (i.e. nasal pillows/nasal mask/full face mask), associated heated tubing/headgear, and heated humidifier for use with PAP.
- Please provide replacement parts at appropriate time intervals as indicated/needed to include: mask/interface of choice, pillows/cushions for mask/interface, tubing, head gear, chin strap, filters, water chamber for humidifier.
- If available, please assign patient to cloud-based remote monitoring.
- Prognosis good. Lifetime requirement for use.

\*Refer to 2019 VA/DoD Clinical Practice Guideline for the Management of Chronic Insomnia Disorder and Obstructive Sleep Apnea for further details.

2019 Insomnia/OSA  
Clinical Practice Guideline



2019 Insomnia/OSA  
CPG Provider Summary

