

Sleep Study Information

Neurology Center of Fairfax

- 1) Your NCF physician may order a diagnostic sleep study (polysomnogram) to determine if you have a sleep disorder.
- 2) Our billing department will work to obtain insurance approval for your diagnostic sleep study and then will contact you to schedule the study.
- 3) The diagnostic sleep study will be performed at the Neurology Center of Fairfax (Suite 401).
- 4) If your diagnostic sleep study (polysomnogram) is normal, you will receive a letter in the mail. Please follow up with your NCF physician for further care and management.
- 5) If your diagnostic sleep study shows sleep apnea, you will be contacted and a second sleep study for CPAP (continuous positive airway pressure) titration will be ordered. This study will determine the best pressure setting and mask fit to treat your sleep apnea.

Our billing department will work to obtain insurance approval for your CPAP titration study and then will contact you to schedule the study.

- 6) After completing the CPAP titration study, Dr. Richard Cho (board-certified sleep specialist) will provide an order so that you can receive the appropriate CPAP (Continuous Positive Airway Pressure) equipment (machine, mask, tubing, etc.).

With your permission, the Neurology Center of Fairfax will submit your CPAP or other order and information to a reputable durable medical equipment company (DME). This company will provide you with the CPAP equipment. **PLEASE VERIFY THAT YOU HAVE THE PROPER PREAUTHORIZATIONS FROM YOUR INSURANCE COMPANY AND THAT THE DME COMPANY IS COVERED BY YOUR INSURANCE PLAN.**

- 7) You may return to see your NCF physician before starting CPAP therapy to ask questions about your diagnosis, sleep study results, and CPAP equipment. This is only if you desire to do so.

You also have the option to schedule a sleep-medicine consultation with Dr. Richard Cho, our board-certified sleep specialist. This is suggested by your neurologist.

- 8) As a patient using CPAP therapy, you must follow up with your physician or Dr. Cho on a regular basis in order to maintain insurance coverage of your CPAP equipment.

Medicare patients must have a face to face visit with their physician with documented sleep issues/symptoms within 6 months of the order for CPAP equipment.

MEDICARE PATIENTS must be seen by a physician between 31 and 90 days after initiation of CPAP therapy. The home CPAP data report must show the use of CPAP \geq 4 hours per night on 70% of nights during a consecutive thirty-day period anytime during the first 3 months of initial usage. There also needs to be written documentation in the note that the patient is **“using and benefitting from CPAP therapy”** (exact wording).

Questions about sleep studies should be directed to the Sleep Center at 703-876-0800 ext. 5043. Leave a message and your call will be returned.

Questions about sleep equipment (i.e. CPAP machines, mask) should be directed to the Nurse Sleep Coordinator at 703-876-0800 ext. 1064. Leave a message and your call will be returned.