



Ordering Sleep Studies Quick Reference Guide

Key Points

- This quick reference guide discusses available TRICARE-covered sleep studies, along with the required information to build a TRICARE-compliant profile.
- Each sleep study type has associated Current Procedural Terminology (CPT) codes to log the study details.
- Different sleep studies have varying coverage requirements.



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Home Sleep Studies

Coverage

TRICARE covers home sleep studies only for an obstructive sleep apnea (OSA) diagnosis. Home sleep studies must be medically necessary with documented high clinical suspicion. Symptoms may include loud snoring, waking with gasping or choking, excessive daytime sleepiness, witnessed apneas, or comorbid conditions, such as hypertension.

TRICARE does not cover home sleep studies for central sleep apnea, parasomnias, or other complex sleep disorders. Active duty service members must complete sleep testing in a sleep laboratory. The preferred order of the sleep testing location is: **Military Treatment Facility, network sleep laboratory, TRICARE-authorized non-network sleep laboratory**, and, as a last resort, **home sleep testing** if travel to a sleep laboratory is not possible.

CPT Codes

The following CPT codes are typically used with home sleep studies:

- 95800 – Unattended (home) sleep studies with monitoring involving oxygen (O₂) stats and heart rate
- 95806 – Unattended (home) sleep studies with a focus on OSA
- G0399 – Medicare cross-code – Unattended with portable monitor measuring respiratory movement and O₂ statistics
- G0400 – Medicare cross-code – Unattended sleep study with three channels

Monitored (In-Lab) Diagnostic Sleep Studies (Polysomnography without Titration)

Coverage

TRICARE covers monitored (in-lab) diagnostic sleep studies (polysomnography without titration) when a provider diagnoses a patient with OSA, narcolepsy, parasomnias, or other medically necessary sleep disorders. Coverage requires a physician order and clinical need documentation.

CPT Codes

The following CPT code is typically associated with monitored, diagnostic, in-lab sleep studies without titration:

- 95810 – Full polysomnography, attended, without continuous positive airway pressure (CPAP) titration



Monitored Sleep Study with SPAP/BiPAP Titration

Coverage

TRICARE covers monitored sleep studies with CPAP / bilevel positive airway pressure (BiPAP) titration for patients with confirmed OSA who require CPAP titration. TRICARE offers split-night studies (diagnosis followed by CPAP initiation in the same night) when the beneficiary meets the required criteria.

CPT Codes

The following CPT code is typically associated with monitored sleep studies with CPAP/BiPAP titration:

- 95810 – Full polysomnography, attended, with initiation of CPAP or BiPAP



How to Build a TRICARE-Compliant Profile

When documenting a profile for TRICARE approval, answer the following questions:

- **What is the clinical justification?**
 - Symptoms – Loud snoring, awakening with gasping or choking, excessive daytime sleepiness, witnessed apneas
 - At least one symptom must be present as well as a functional disability
 - Comorbidities – Hypertension (HTN), coronary artery disease (CAD), stroke risk, obesity
- **What type of study is the provider ordering?**
 - Home study for suspected uncomplicated OSA with a high pretest probability (see above Symptoms section)
 - Home sleep studies cannot have significant co-morbidities
 - Inclusions and exclusions exist for home sleep studies, depending on the test specifics
 - Attended study if there are comorbidities, moderate-to-severe pulmonary disease, neuromuscular disease, congestive heart failure, or central sleep apnea suspicion
- **What is the required documentation?**
 - Physician order
 - Chart notes
- **What is the correct CPT code for each study type?**
 - 95800 – Unattended (home) sleep studies with monitoring involving O2 statistics and heart rate
 - 95806 – Unattended (home) sleep studies with a focus on OSA
 - 95810 – In-facility sleep study – Does not require or include titration for CPAP
 - 95811 – In-facility sleep study – Includes CPAP titration
- **What are the follow-up and treatment plan details?**
 - CPAP
 - BiPAP
 - Behavioral
 - Surgical