

Local Coverage Article: Abbreviated Daytime Sleep Study (e.g. PAP-NAP) (A55478)

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Contractor Information

Contractor Name	Contract Type	Contract Number	Jurisdiction	State(s)
Noridian Healthcare Solutions, LLC	A and B MAC	01111 - MAC A	J - E	California - Entire State
Noridian Healthcare Solutions, LLC	A and B MAC	01112 - MAC B	J - E	California - Northern
Noridian Healthcare Solutions, LLC	A and B MAC	01182 - MAC B	J - E	California - Southern American Samoa
Noridian Healthcare Solutions, LLC	A and B MAC	01211 - MAC A	J - E	Guam Hawaii Northern Mariana Islands American Samoa
Noridian Healthcare Solutions, LLC	A and B MAC	01212 - MAC B	J - E	Guam Hawaii Northern Mariana Islands
Noridian Healthcare Solutions, LLC	A and B MAC	01311 - MAC A	J - E	Nevada
Noridian Healthcare Solutions, LLC	A and B MAC	01312 - MAC B	J - E	Nevada American Samoa California - Entire State
Noridian Healthcare Solutions, LLC	A and B MAC	01911 - MAC A	J - E	Guam Hawaii Nevada Northern Mariana Islands

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Article Information

General Information

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Original Article Effective Date
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Article Title
Abbreviated Daytime Sleep Study (e.g. PAP-NAP)

Revision Effective Date
N/A

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N/A

Retirement Date
N/A

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Article Guidance

Article Text:

An abbreviated daytime sleep study (PAP NAP) has been used by some to address poor compliance and enhance individual comfort and tolerance of CPAP/BiPAP. PAP NAP combines psychological and physiological treatments into one procedure during an abbreviated daytime nap session (100-120 minutes). Sleep technicians employ various coaching and monitoring techniques including mask and pressure desensitization, emotion focused therapy to overcome aversive responses to CPAP, mental imagery to divert the individual's attention from the sensations associated with CPAP and physiological exposure to CPAP.

An Abbreviated daytime sleep study (PAP-NAP) used as a supplement to standard sleep studies for all indications, including but not limited to, the following are considered integral to the primary procedure and (are) not separately reimbursable.

- correcting non-compliance, or improving compliance with prescribed CPAP
- decreasing anxiety/claustrophobia associated with CPAP
- patient education
- mask and pressure desensitization
- cognitive behavioral therapy (CBT)

Limited data from a single study of PAP-NAP is insufficient evidence to form conclusions on the efficacy of this approach in improving compliance with CPAP. No professional guidelines currently recommend use of PAP NAP as a compliance enhancement.

Split Studies

It is not appropriate to bill diagnostic and titration studies separately when performing a split night study. This is considered one service.

Sources of Information

1. BlueCross BlueShield Association. Medical Policy Reference Manual. (11:2015). *Diagnosis and medical management of obstructive sleep apnea syndrome*. (2.01.18). Retrieved June 29, 2016 from BlueWeb. (61 articles and/or guidelines reviewed)

- Centers for Medicare & Medicaid Services. CMS.gov. *NCD for sleep testing for obstructive sleep apnea (OSA) (240.4.1)*. Retrieved June 29, 2016 from [MCPM](#)
- Krakov, B., Ulibarri, V., Melendrez, D., Kikta, S., Togami, L., & Haynes, P. (2008). A daytime, abbreviated cardio-respiratory sleep study (CPT 95807-52) to acclimate insomnia patients with sleep disordered breathing to positive airway pressure (PAP-NAP). *Journal of Clinical Medicine*, 4 (3), 212-222. (Level 4 evidence)
- "FREQUENTLY ASKED QUESTIONS ABOUT SLEEP CODING" *American Academy of Sleep Medicine*, March, 2014

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[Coding Information](#)

Bill Type Codes:

Contractors may specify Bill Types to help providers identify those Bill Types typically used to report this service. Absence of a Bill Type does not guarantee that the article does not apply to that Bill Type. Complete absence of all Bill Types indicates that coverage is not influenced by Bill Type and the article should be assumed to apply equally to all claims.

N/A

Revenue Codes:

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N/A

CPT/HCPCS Codes N/A

ICD-10 Codes that are Covered N/A

ICD-10 Codes that are Not Covered N/A

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[Revision History Information](#)

N/A [Back to Top](#) **Related Local Coverage Document(s)** N/A

Related National Coverage Document(s) N/A

Statutory Requirements URL(s) N/A

Rules and Regulations URL(s) N/A

CMS Manual Explanations URL(s) N/A

Other URL(s) N/A

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Keywords

- Daytime
- Sleep
- Study
- Pap
- Nap
- CPAP

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