Local Coverage Article: Abbreviated Daytime Sleep Study (e.g. PAP-NAP) (A55479)

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Contractor Information

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<th>Contractor Name</th>
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<th>Jurisdiction</th>
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Original Article Effective Date: 06/05/2017

Revision Effective Date: N/A

Revision Ending Date: 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

2. 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


4. “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:**

Contractors may specify Revenue Codes to help providers identify those Revenue Codes typically used to report this service. In most instances Revenue Codes are purely advisory. Unless specified in the article, services reported under other Revenue Codes are equally subject to this coverage determination. Complete absence of all Revenue Codes indicates that coverage is not influenced by Revenue Code and the article should be assumed to apply equally to all Revenue Codes.

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 **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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