University of Vermont Health

UVM Health SLEEP STUDY TESTING Guidance

Below we offer guidance when ordering sleep studies.

Home Sleep Apnea Test (HSAT) - test of CHOICE for suspected sleep apnea in uncomplicated patients.

HSAT is NOT appropriate for patients < 18 years of age or with any of the following:

- Moderate or severe COPD – Gold stage 2 or higher [FEV1/FVC] </= to 0.7 and FEV1< 80% of predicted
- Moderate or severe CHF –NYHA class III or IV CHF or LVEF < 45%
- On supplemental oxygen
- History of stroke within the preceding 30 days
- Chronic opiate use
- BMI > 40 and elevated serum bicarbonate level (>27 mmol/L)
- Hypoventilation diagnosis
- Neuromuscular disease
- Cognitive impairment if caregiver unable to apply HSAT
- Physical impairment, if unable to apply HSAT
- Previous non-diagnostic or technically suboptimal HSAT in a patient with ongoing clinical suspicion of OSA

Note on BEHAVIORAL Sleep Medicine consultation (REF617):

- Patient will be sent a questionnaire to complete and return. Once this is received, an appointment will be scheduled. Psychologists are not authorized to order sleep studies.