



American Academy of Sleep Medicine

December 7, 2010

Robert Nierman, MD
Medical Director
Tufts Health Plan
705-3 Mt. Auburn Street
Watertown, MA 02472

Dear Dr. Nierman,

It has recently come to our attention that Tufts Health Plan is implementing a new policy regarding the testing of patients with sleep disorders based on increasing the utilization of home sleep testing. As the organization representing sleep medicine practitioners we have been extensively involved in the development of guidelines for providing high quality, cost effective care. We hope you will consider these evidence-based guidelines when developing your policy.

The AASM endorses the use of home sleep studies utilizing portable monitors when done in accordance with the recommendations in our evidence-based *Clinical Guidelines for the Use of Unattended Portable Monitors in the Diagnosis of Obstructive Sleep Apnea in Adult Patients*. These include:

- Portable monitoring for the diagnosis of obstructive sleep apnea should be performed only in conjunction with a comprehensive sleep evaluation.
- Clinical sleep evaluations using portable monitoring must be supervised by a practitioner with board certification in sleep medicine or an individual who fulfills the eligibility criteria for the sleep medicine certification examination.
- Portable monitoring may be used as an alternative to polysomnography (PSG) for the diagnosis of obstructive sleep apnea in patients with a high pretest probability of moderate to severe obstructive sleep apnea. Portable monitoring should not be used in patients with comorbidities, other sleep disorders, or for screening.
- An experienced sleep technician, sleep technologist, or appropriately trained healthcare practitioner must perform the application of portable monitoring sensors or directly educate the patient in the correct application of sensors.
- Evaluation of portable monitoring data must include review of the raw data by a board certified sleep specialist.
- A follow-up visit with a physician or other appropriately trained and supervised health care provider should be performed on all patients undergoing portable monitoring to discuss the results of the test.
- Due to the known rate of false negative portable monitoring tests, in-laboratory polysomnography should be performed in cases where

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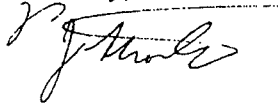
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Executive Director

portable monitoring is technically inadequate or fails to establish the diagnosis of obstructive sleep apnea in patients with a high pretest probability.

Performance of home studies in accordance with these guidelines is the best way to ensure high quality and appropriate patient care.

Sincerely,

A handwritten signature in black ink, appearing to read "P. Strollo Jr.", written over a horizontal dashed line.

Patrick J. Strollo Jr., MD
President

cc: Jerome A. Barrett, Executive Director
Sandra Horowitz, MD, President, Massachusetts Sleep Society