



Home sleep study vs. facility-based sleep study: Understanding your patient's options



Home sleep study

- A sleep study is a safe, painless, and simple evaluation of how the body functions during sleep.
- It may be performed in a sleep laboratory or at home.
- The data that is recorded while patient's sleep is later reviewed by a board-certified sleep physician.
- The clinical term for a sleep study is polysomnography (PSG).

Facility-based sleep study

Precertification of coverage is required for a sleep study through the Cigna Sleep Management Program whether it is performed in the home or in a facility. Please refer to the Frequently Asked Questions on the back of this flyer for more information on the differences between a home sleep study and a facility-based sleep study.

If you have any additional questions about the differences between them or the Cigna Sleep Management Program in general, please call us at 877.877.9899.

Frequently asked questions

Question	Home sleep test	Facility-based sleep test
How long will it take before a sleep study is administered for my patient?	Once ordered by the physician, the sleep test can be performed within 72 hours.	Once ordered by the physician, the timing of the sleep study will depend upon the facility's waiting list - the volume of patients and the available beds. The average waiting time is two to four weeks.
Do my patients need to do any preparation prior to the sleep study?	A home sleep study device is shipped directly to the patient's home. Detailed written instructions, along with a DVD or video, explain how to perform the sleep study.	Because your patient will be spending the night at a sleep facility, they will need to pack their sleepwear, toiletries, and clothing to wear the morning after the sleep study.
Will patients be able to move while they sleep?	Patients will be able to sleep and move freely in any position.	Most will be able to sleep and move freely in most positions.
Can someone else sleep in the same bed with patient being tested?	Yes.	No.
How long will the sleep study last?	Patients will wear the device while they sleep for one night. It is recommended that the device be worn for at least six hours.	Patients will arrive about one to three hours prior to going to bed. The study will last from approximately 10:00p.m. to 6:00a.m. Patients may be required to come back for a second night depending upon the results of the study.
What will be attached to the patient's body?	Patients will place a small device on the front of their chest using an elastic belt. They will wear another elastic belt around their abdomen. Wires from the belts, one from the finger, and one from under the nose will be attached to the device.	A minimum of 16 sensors will be attached to various parts of the body, including the scalp, forehead, chin, chest, ankle or leg, and index finger. The sensors are attached by a technician using a temporary adhesive or gel.
What do patients do if they have to get up in the middle of the night?	Nothing. The small device is attached directly to the patient, so they will have nothing to detach.	Notify the sleep technician. They will have to disconnect the sensor wires so patients may get up from the bed (unless wireless technology is used).
Will patients have their own bathroom?	Because patients will be in their own home, they can use their own bathroom.	Most sleep facilities have bathrooms that are shared by other patients having sleep studies.
What will the sleep study be monitoring?	At a minimum, respiratory effort, snoring, pulse rate, oxygen saturation, and body position for the presence of obstructive sleep apnea.	At a minimum, respiratory effort, snoring, pulse rate, oxygen saturation, body position, heart rhythm, brain waves, eye movements and leg movements for the presence of a sleep disorder.
What if patients can't figure out how to work the home sleep study device?	Patients will be given a direct number to the sleep study medical professional that will walk patients through the device set up and testing procedure. Additionally, a call center will be available 24/7 for support if they have any questions during the process. The device itself provides patients with interactive instructions; patients will also have detailed written instructions as well as a DVD to assist with taking the test.	A sleep technician will apply the sensors to the body and will be watching patients through a video camera while the sleep study is performed. This technician will be available to the patient at any time during their study.
Will the study be evaluated by a board-certified sleep specialist?	Yes.	Yes.
How quickly will the patient get the results of the test?	Patients will have the results of the test within 72 hours after the home sleep study equipment is returned by the patient.	Patients will have the results of the test within two to three weeks from the day the test was completed.
Is the sleep study covered by Cigna-administered benefit plans?	Sleep studies are covered for patients with Cigna-administered coverage if the medical criteria is met. Patients will have to check with Cigna for any copayment or deductible that may exist.	Sleep studies are covered for patients with Cigna-administered coverage if the medical criteria are met. Patients will have to check with Cigna for any copayment or deductible that may exist.
Which test is less costly for the patient?	The home sleep test will be less costly for the patient.	The home sleep test will be less costly for the patient.