CMS Face to Face Checklist for Sleep Study Approval

Physician Note Requirements

This information *MUST* be contained in your Face to Face visit note.
No Addendums or Telephone Encounters are accepted by CMS.

❑ **Epworth Sleepiness Scale** (ESS) recorded-*Total up the answers below. If the question is N/A place in 0.*

Choose the most appropriate response for each situation below	High Chance of Dozing	Moderate Chance of Dozing	Slight Chance of Dozing	Would Never Doze
Sitting and reading	❑ 3	❑ 2	❑ 1	❑ 0
Watching TV	❑ 3	❑ 2	❑ 1	❑ 0
As a passenger in a car for an hour without a break	❑ 3	❑ 2	❑ 1	❑ 0
Sitting inactive in a public place	❑ 3	❑ 2	❑ 1	❑ 0
Lying down to rest in the afternoon	❑ 3	❑ 2	❑ 1	❑ 0
In a car while stopped for a few minutes	❑ 3	❑ 2	❑ 1	❑ 0
Sitting quietly after lunch without alcohol	❑ 3	❑ 2	❑ 1	❑ 0
Sitting and talking with someone	❑ 3	❑ 2	❑ 1	❑ 0

❑ **BMI** *(or height **and** weight)*

❑ **Neck Circumference**- *in inches*

❑ **Medical History**

❑ **Current Medication List**

❑ **<u>Minimum of Two</u> Sleep Symptoms** (DMEs are suggesting three to make sure patient is not denied treatment) listed below:

❑ **Hypersomnia with suspected sleep apnea** G47.30	❑ **Snoring** R06.83	❑ Witnessed Apneas	❑ **Excessive Daytime Sleepiness** G47.11	❑ Waking with gasping or choking
❑ Morning Headache	❑ **Difficulty Falling Asleep** F51.12	❑ **Difficulty Maintaining Sleep** F51.12	❑ **Nocturia** R35.1	❑ **Restless Legs at night** G25.81
❑ Drowsy Driving	❑ Motor Vehicle Accidents due to sleepiness	❑ **Recurring Nightmares** F51.8	❑ **Grinding Teeth** G47.63	❑ **Insomnia** F51.01
❑ **Confusional Arousals from Sleep** G47.51	❑ **Sleep Terrors** F51.4	❑ **Sleep Paralysis** G47.53	❑ **Sleep Walking** F51.3	❑ **Sleep Talking/ Kicking/ Punching/ Eating** G47.5
❑ **Cataplexy** G47.4	❑ **Hypnagogic/ Hypnopompic Hallucinations** H53.16	❑ Auditory Hallucinations while in bed	❑ **Sleep Related Hypoxemia** G47.36	❑ Decreased mental ability during the day

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