

# Sleep Disorders

FirstHealth of the Carolinas' Sleep Disorders Centers provide clinically diagnostic sleep disorder assessments as well as therapeutic titration with CPAP, BiPAP, ASV and oxygen augmentation. The Sleep Disorders Centers are located in hospital settings and provide sleep studies for patients 4-years-old and above. Procedures performed require a provider's order and face to face notes. All sleep studies are read and interpreted by a Board Certified Sleep Specialist. Patients of the Sleep Disorders Centers are given the option to follow up with their referring provider or the sleep specialist.

## Indications for a Sleep Study:

- Snoring
- Witnessed apneas
- Waking up gasping or choking
- Excessive daytime sleepiness
- Frequent naps
- Morning headaches
- Insomnia
- Disturbed sleep due to:
  - leg-kicking
  - nightmares
  - night terrors

## Consequences of Untreated Sleep Apnea:

- High Blood Pressure
- Heart Attack
- Stroke
- Depression
- Diabetes
- Obesity
- Falling asleep while driving

## Scope of Services Provided:

- Polysomnography
- Split-night polysomnography
- Multiple Sleep Latency Testing
- Maintenance of Wakefulness Testing
- Titration Therapy with CPAP, BiPAP & ASV
- Home Sleep Testing
- Mask Desensitization

### **Moore County**

Main Phone Number: **(910) 715-3338**

**Fax Number: (910) 715-5346**

Address: 155 Memorial Drive • Pinehurst, NC 28374

### **Hoke County (Home Sleep Testing only)**

Main Phone Number: **(910) 715-3338**

**Fax Number: (910) 715-5346**

Address: 6408 Fayetteville Road • Raeford, NC 28376

### **Montgomery County**

Main Phone Number: **(910) 571-5600**

**Fax Number: (910) 571-5609**

Address: 520 Allen Street • Troy, NC 27371

### **Richmond County**

Main Phone Number: **(910) 417-3952**

**Fax Number: (910) 417-3436**

Address: 925 Long Drive • Rockingham, NC 28379

# Sleep Disorders

Patient Name: \_\_\_\_\_ Sex: \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone:(\_\_\_\_) \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Latest BP: \_\_\_\_\_ BMI: \_\_\_\_\_

Neck Size: \_\_\_\_\_ Oxygen  YES  NO \_\_\_\_\_ LPM  24/7  Nocturnal  PRN

Ambulatory Patient  YES  NO Patient Needs Assistance Overnight  YES  NO

Has the referred patient had a previous sleep study?  YES  NO If yes, please provide any available results from previous sleep studies.

Would you like the patient to follow-up with a sleep physician?  YES  NO

## Referral for:

- PSG (Routine Polysomnogram) 95810
- Titration Study (CPAP/ BiPAP/ ASV) 95811
- Split Night (If Patient Meets Criteria) 95811
- Oral Appliance Study 95810
- HST (Home Sleep Study) G3099
- MSLT with PSG (Multiple Sleep Latency Test/PSG)95805/95810
- MWT (Multiple Wakefulness Test) 95805

## History of Sleep Problems (Check All That Apply)

- Snoring – R06.83
- Suspected Obstructive Sleep Apnea – G47.33
- Excessive Daytime Sleepiness/ Fatigue (Hypersomnia) – G47.10
- Nightmares – F51.5
- Periodic Limb Movement – G47.61
- Narcolepsy (with Cataplexy) – G47.411
- Nocturia – R35.1
- Other \_\_\_\_\_
- Witnessed Apneas – G47.30
- Frequent Awakenings/ Confusional Arousals – G47.51
- Sleepwalking – F51.3
- Night Terrors – F51.4
- Insomnia – G47.00
- Narcolepsy (without Cataplexy) – G47.419
- Parasomnia – G47.50

## Medical Conditions (Check All That Apply)

- MI/CAD
- Anxiety Disorder
- Chronic Pain
- Other \_\_\_\_\_
- Seizures/Epilepsy
- Hypertension
- CHF
- GERD
- Diabetes
- Cardiac Arrhythmia
- Fibromyalgia
- Stroke
- Morbid Obesity >50
- Depression
- Asthma/COPD

## Referring Provider's Information

Name: \_\_\_\_\_ NPI: \_\_\_\_\_

Phone:(\_\_\_\_) \_\_\_\_\_ Fax:(\_\_\_\_) \_\_\_\_\_

Provider's Signature \_\_\_\_\_

Date \_\_\_\_\_

## For assistance with pre-certification/authorization, please include the following:

- 1.) Latest H&P/consultation notes and up-to-date medication list
- 2.) Most recent face-to-face office notes discussing the sleep study
- 3.) Patient demographics, including insurance information
- 4.) Front and back copy of insurance cards

# FirstHealth

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[www.firsthealth.org/sleep](http://www.firsthealth.org/sleep)