Will Insurance Pay for a Sleep Study?

Don’t worry, we’ll handle that!

The experts at the Floyd Memorial Sleep Disorders Center work with insurance companies every day to obtain pre-authorizations for sleep studies. If the study is urgent and must be performed right away, then we’ll make the necessary calls and arrangements to satisfy the insurance requirements to obtain authorization before you are scheduled for a sleep study.

All we need is a physician referral, and we’ll take it from there.

Our office handles the entire process from initial evaluation by a board certified sleep specialist, through the comprehensive sleep study and, if indicated, we will perform the PAP titration and prepare durable medical equipment (DME) orders.

The accredited sleep experts at the Floyd Memorial Sleep Disorders Center can help you get a good night’s sleep.

Call (812) 949-5550 to make an appointment today.
The First Domino

Obstructive Sleep Apnea (OSA) can be one of the first dominos contributing to congestive heart failure (CHF). OSA occurs during sleep when the airway partially or completely collapses. During this event, the oxygen level in the blood drops, sometimes drastically. Dangerously low oxygen levels are frequently recorded in even moderate cases of OSA.

Without oxygen, the entire body is stressed physically. The heart in particular is strained when oxygen levels drop, which can result in blood pressure spikes and arrhythmias such as atrial fibrillation and ventricular tachycardia.

Because people with OSA can stop breathing hundreds of times during the night, the heart is fighting a nightly battle for survival. Over time, the constant strain can contribute to CHF.

Mounting Complications

Once the damage has been done and CHF has developed, more severe sleep disordered breathing can begin to appear. This includes Cheyne-Stokes breathing, which is a cyclical decreasing and increasing of the breathing strength, and Central Sleep Apnea, which occurs when the brain stops sending the signal to the body to breathe for extended periods (ten seconds or more). Both can cause additional drops in oxygen levels, further worsening the strain on the heart and the body.

Warning Signs

- Awakening from sleep with a shortness of breath
- Snoring
- Periodic pauses in breathing during sleep
- Atrial fibrillation
- Nocturnal angina
- Cheyne-Stokes respiration which occurs during an exercise stress test
- Shortness of breath while lying flat on your back
- History of hypertension
- Heart racing in the middle of the night
- Difficulty staying asleep
- Excessive sleepiness
- Morning headaches
- Difficulty concentrating
- Regularly requiring long naps during the day

If you notice one or more of these warning signs, it could indicate a sleep disorder. A consultation with a physician at an accredited sleep center is highly recommended.

Treatment Options

Central Sleep Apnea can be caused or worsened by certain pain medications, such as morphine, oxycodone, hydrocodone, tramadol and others. If you are using these types of medications, speak to your physician about possibly reducing your dose.

Some patients with Central Sleep Apnea benefit from certain types of medication that stimulate breathing. Some mild cases of Central Sleep Apnea and nocturnal oxygen desaturation can be treated with supplemental oxygen.

Experts agree that the best treatment for OSA is positive airway pressure, or PAP therapy. This includes CPAP, which is a continuous pressure, and BiPAP, which is bi-level therapy with a higher pressure for inhalation and a lower pressure for exhalation. With PAP therapy, room air is filtered and delivered through a hose into a face mask. The air pressure holds the airway open during sleep and prevents the collapse of the airway that results in apnea and low oxygen levels.

Adaptive servo-ventilation (ASV) is usually required if PAP therapies prove ineffective. Similar to the PAP therapy, ASV delivers pressurized air to open the airway. However, the advanced programming of the ASV will adjust the pressure on a breath-by-breath basis to create a smooth breathing pattern and maintain optimal blood oxygen levels.