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| Intervention | **094. Sleep Studies (including Polysomnography, Hospital respiratory polygraphy, Home respiratory polygraphy, Limited sleep study, Home oximetry, Oxygen desaturation index)** |
| For assessment of | Suspected Obstructive Sleep Apnoea hypopnoea syndrome (OSAHS), Obesity hypoventilation syndrome (OHS), COPD-OSAHS overlap syndrome. |
| Commissioning Position | These assessments are commissioned if a person has symptoms suspicious of any of the above syndromes (in accordance with NG202) and one of the following criteria have been met:   * score >10 on the Epworth Sleepiness Score (ESS) OR * score >3 on the STOP-BANG questionnaire OR * sleepiness in dangerous situations, even with a normal ESS score OR * BMI >30 AND symptoms of nocturnal hypoventilation |
| Summary of Rationale | The Epworth Sleepiness Scale score alone should not determine whether assessment is needed, because not all people with OHS have excessive sleepiness.  The symptoms of nocturnal hypoventilation in OHS or COPD-OSAHS overlap syndrome may be different from those of obstructive sleep apnoea/hypopnoea in any of the above syndromes. |
| References | [**NG202 Obstructive sleep apnoea/hypopnoea syndrome and obesity hypoventilation syndrome in over 16s (NICE)**](https://www.nice.org.uk/guidance/ng202) |
| Effective from | January 2025 |
| Policy Review Date | January 2028 |