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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 |