	<b>POLICIES AND PROCEDURES</b>
<b>Policy #:</b> 404-1711	<b>Lead Department:</b> Utilization Management
<b>Title:</b> Sleep Study (Polysomnography/Sleep Disorder Testing) Authorizations	
<b>Original Date:</b> 12/31/2014	<b>Date Published:</b> 10/16/2024
<b>Approved by:</b> Utilization Management Work Group (UMWG)	

**Purpose:**

To describe the guidelines of Central California Alliance for Health (the Alliance) for authorizing sleep studies (Polysomnography/Sleep Disorders Testing).

**Policy:**

Sleep studies require prior authorization. The Alliance will authorize sleep studies when they are medically necessary according to Alliance Policy 404-1112 - Medical Necessity - The Definition and Application of Medical Necessity Provision to Authorization Requests.

**Procedures:**

The Alliance uses standards set by Medi-Cal, when available, to make medical necessity determinations. When Medi-Cal medical necessity criteria are not available, other evidence-based criteria are utilized, such as MCG care guidelines, to determine the medical necessity of sleep studies.

**References:**

Alliance Policies:

404-1112 - Medical Necessity - The Definition and Application of Medical Necessity Provision to Authorization Requests

Impacted Departments:

Claims

Regulatory:

Legislative:

Contractual (Previous Contract):

Contractual (2024 Contract):

DHCS All Plan Letter:

NCQA:

Supersedes:

Other References:

Medi-Cal Manuals, Department of Health Care Services

MCG care guidelines

Attachments:


**Lines of Business This Policy Applies To**

- ☐ DSNP
- ☒ Medi-Cal
- ☒ Alliance Care IHSS

**LOB Effective Dates**

- (01/01/2026 – present)
- (01/01/1996 – present)
- (07/01/2005 – present)

**Revision History:**

	<b>POLICIES AND PROCEDURES</b>
<b>Policy #:</b> 404-1711	<b>Lead Department:</b> Utilization Management
<b>Title:</b> Sleep Study (Polysomnography/Sleep Disorder Testing) Authorizations	
<b>Original Date:</b> 12/31/2014	<b>Date Published:</b> 10/16/2024
<b>Approved by:</b> Utilization Management Work Group (UMWG)	

Reviewed Date	Revised Date	Changes Made By	Approved By
04/18/2018	04/18/2018	Wendy Parrino, RN UM Supervisor, Prior Auth	UMWG
03/29/2019	03/29/2019	Tammy Brass, RN UM Manager, Prior Auth	UMWG
01/07/2020	01/07/2020	Tammy Brass, RN UM Manager, Prior Auth	UMWG
12/17/2021	12/17/2021	Lorna Metzger, RN UM/CCM Supervisor, Prior Auth	UMWG
9/15/2023	9/15/2023	Danah Hernandez, Regulatory Reporting Supervisor	UMWG
09/03/2024	09/03/2024	Lorna Metzger, RN UM/CCM Supervisor, Prior Auth	UMWG