

## **Key points of NCD (240.4) for Continuous Positive Airway Pressure for Obstructive Sleep Apnea**

1. Continuous Positive Airway Pressure (CPAP) is a non-invasive technique for providing single levels of air pressure from a flow generator, via a nose mask, through the nares. The purpose is to prevent the collapse of the oropharyngeal walls and the obstruction of airflow during sleep, which occurs in obstructive sleep apnea (OSA).

The apnea hypopnea index (AHI) is equal to the average number of episodes of apnea and hypopnea per hour. The respiratory disturbance index (RDI) is equal to the average number of respiratory disturbances per hour.

2. Apnea is defined as a cessation of airflow for at least 10 seconds. Hypopnea is defined as an abnormal respiratory event lasting at least 10 seconds with at least a 30% reduction in thoracoabdominal movement or airflow as compared to baseline and with at least a 4% oxygen desaturation.
3. The initial 12-week period of CPAP is covered in adult patients with OSA if all the criteria defined in the NCD (240.4) are met, including either of the following criteria using the AHI or RDI:
  - AHI or RDI greater than or equal to 15 events per hour; or
  - AHI or RDI greater than or equal to 5 events and less than or equal to 14 events per hour with documented symptoms of excessive daytime sleepiness, impaired cognition, mood disorders or insomnia, or documented hypertension, ischemic heart disease, or history of stroke.

CPAP is subsequently covered only for those beneficiaries diagnosed with OSA who benefit from CPAP during the initial 12-week period.

CPAP may also be covered for evidence development.