



Obstructive Sleep Apnea (OSA) Sleep Study Referral Guidelines

Naval Medical Center Portsmouth
(Building 3, 5th Floor)
620 John Paul Jones Circle
Portsmouth, VA 23708-2197

Email: NMCPSleepDocQuery@med.navy.mil

Phone: 757-953-7781

Hours of Operation:

Sleep Clinic	M-F	0800-1600
Sleep Lab	M-Sun	1900-0730



Snoring

Mild/Single complaint

Loud and continuous for >3 months

- No referral necessary
- Provide conservative measures:

- Avoid ETOH at night
- Consider lateral positional sleeping
- Consider Flonase for nasal congestion – treat allergic rhinitis
- Consider extra strength nasal strips
- Smoking cessation

If Epworth Sleepiness Scale Score (ESS) >15 OR STOP-BANG >5

Step 1:
If BMI >25 then Weight loss >10% OR until BMI <25

- Avoid ETOH at night
- Consider lateral positional sleeping
- Consider Flonase for nasal congestion – treat allergic rhinitis
- Consider extra strength nasal strips
- Smoking cessation

Consider ENT referral

Snoring reduced/eliminated

Snoring persists

Step 2:

Administer STOP-BANG Screening Tool

STOP-BANG >3

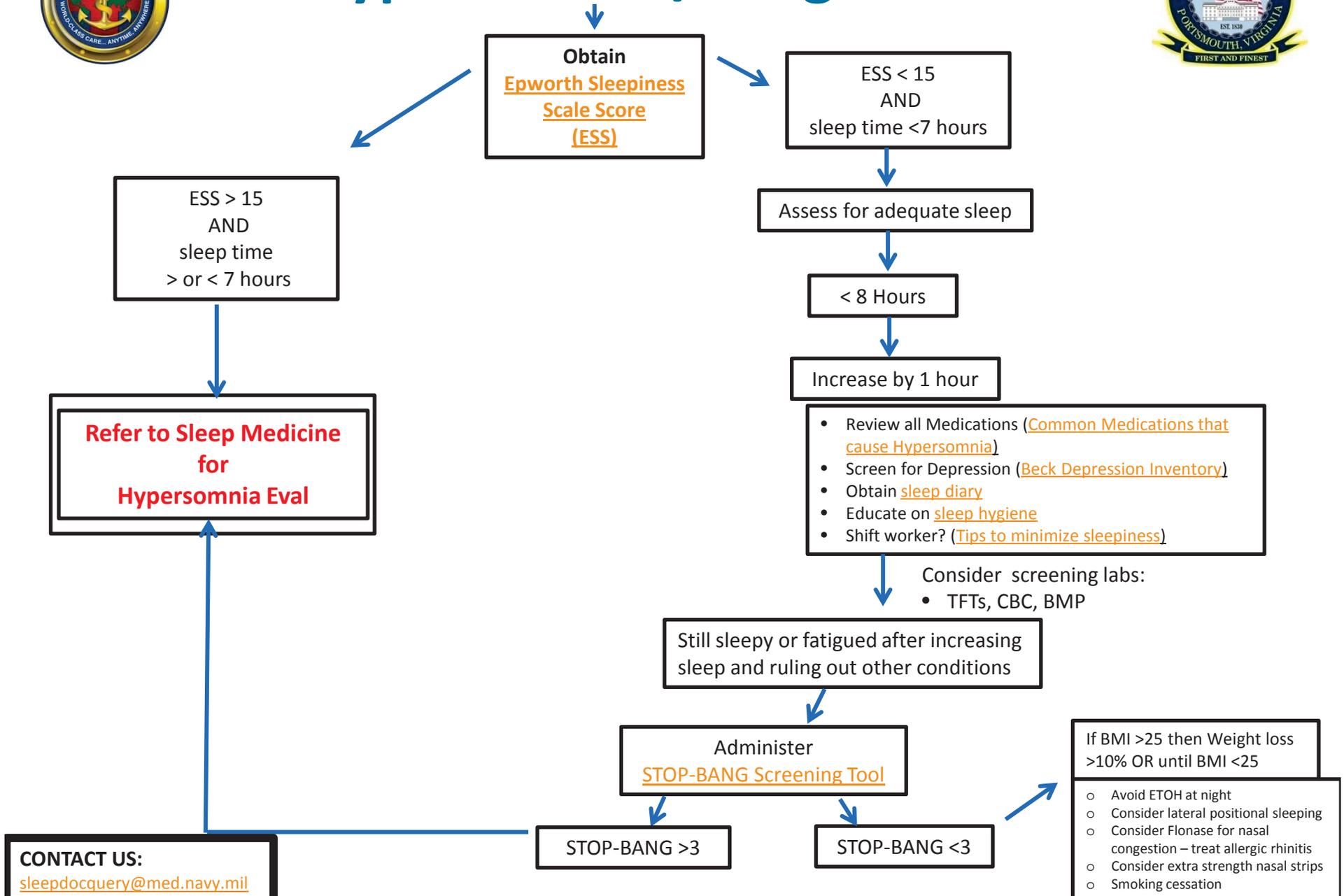
STOP-BANG <3

Refer to Sleep Medicine

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Hypersomnia/Fatigue

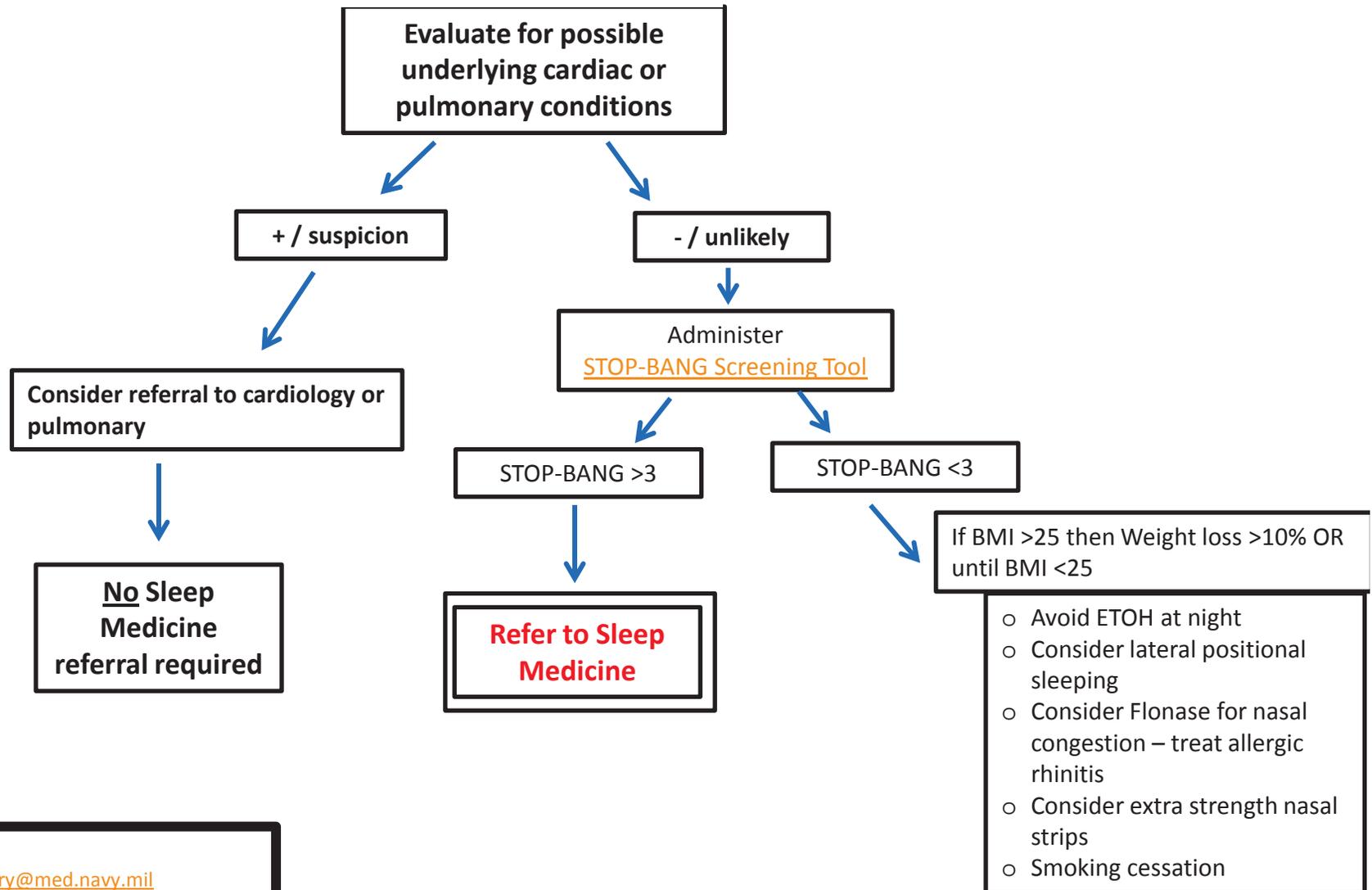




Witnessed Apnea/Gasping at Night



Broad Differential Beyond OSA



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Insomnia



**Sleep Study NOT indicated in
the initial evaluation of
insomnia**



[Insomnia Referral Guideline](#)

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Other Indications for Referral



- PTSD or TBI and sleep disruption
- Refractory HTN
- Refractory Migraine
- Cardiomyopathy
- Atrial Fibrillation
- Pulmonary Hypertension
- Neuromuscular Disease
- Violent or other abnormal behaviors while sleeping

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