

## SLEEP CONSULTATION

Original Question:

Is anyone familiar with or provide sleep consultation services for families? If so, will you please share your billing practices.

1. Does OT provide the services? If not, who is the provider?
2. What codes do you use?
3. On an average, how many patients have you seen for this service?

Responses:

ORG A

It's an ADL or part of a treatment for sensory modulation. Usually I charge neuro rehab for MNRI work, massage, ILS or ILS pillow or maybe ADL if it's education on sleep routine. I'd say half or more have some issue with sleep, going to, staying asleep etc.

ORG B

Currently we do not receive referrals specifically for sleep consultations, but this is a concern frequently expressed by parents when seeing patients for other diagnoses, including sensory processing disorder. Typical CPT codes would be utilized, including evaluation and Therapeutic Activity for this. Here are some talking points shared from some of our Pediatric OT's:

- Absolutely sleep is an occupation! Just from a logistics stand point, I haven't seen a referral for specifically sleep concerns but have had that be families primary concern with the referral, usually being for sensory processing. It is a question that I ask about in every evaluation. We considered it occupational that can be impacted by sensory processing challenges.
- I would agree. A lot of patients that come to an evaluation with sensory-related concerns have trouble with sleep, so I end up writing a goal for it. Because were targeting sensory integration and education (typically ideas for calming prior to bed, home modifications for sleep such as lights, sound, etc. or heavy work/deep pressure input prior to sleep), I bill there act. as the charge.
- I have not seen any referrals for sleep issues. We have kids who come in with sensory or behavior concerns that have significant sleep issues and sometimes are evaluated in the sleep lab. With that said, I do see a role for OT to address sleep concerns from a sensory perspective and establishing healthy routines.