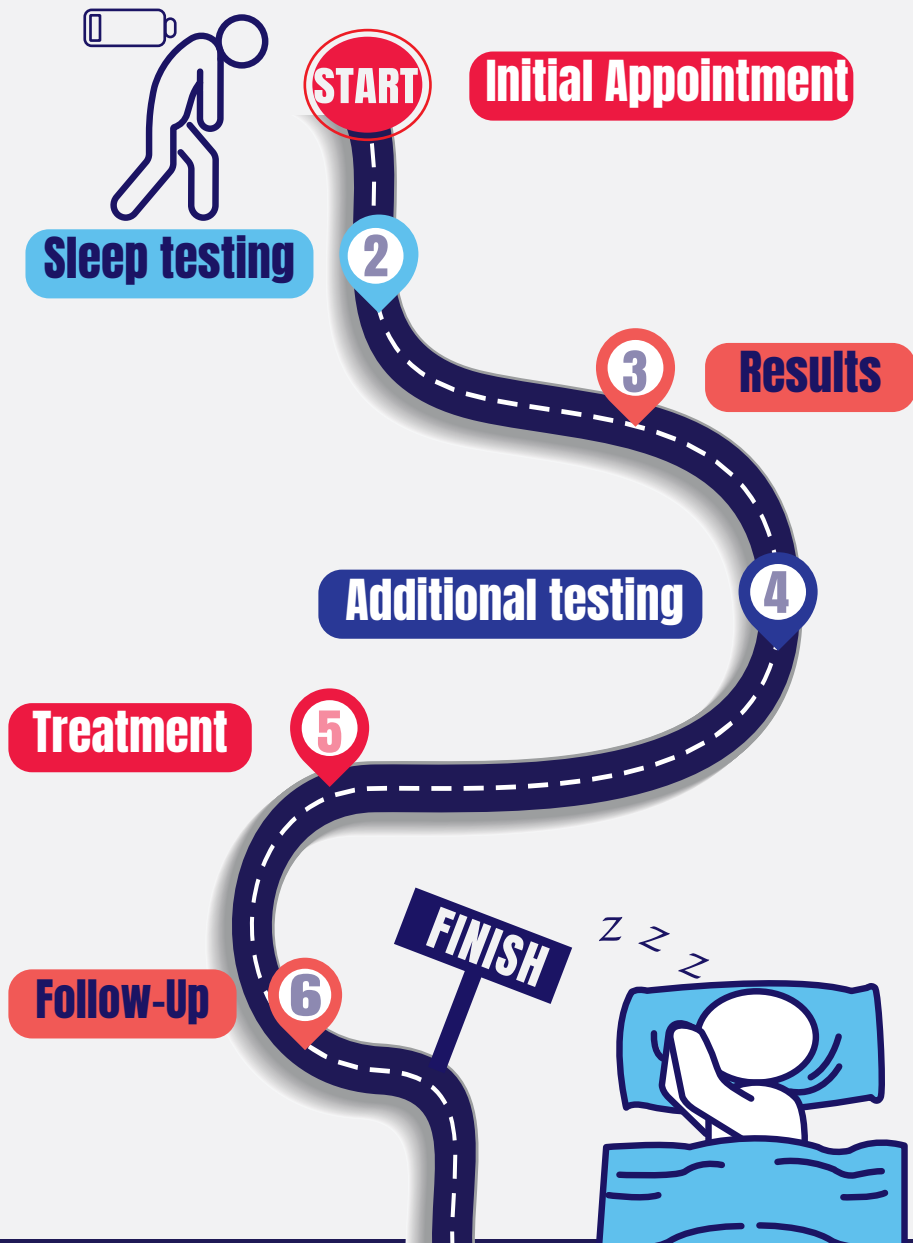


Sleep Services Road-map



Contact us

Phone: 801-408-3617

Fax: 801-408-5110

Intermountain Sleep Disorders Center

1

- Meet with a medical provider who will send a referral for a sleep consultation OR sleep test.
- Any insurance prior authorization questions may be answered during scheduling.

2

- Sleep tests can take place at home OR in a sleep testing facility.
- It may **take up to 60 days** to get in for testing.
- A qualified sleep technologist will be assigned to navigate you through your sleep journey

3

- A board certified sleep physician will thoroughly review your testing data to provide diagnosis and recommendations.
- Test results may take up to **4 weeks** to be finalized.
- The ordering provider will deliver your sleep test results, advise if further testing is needed and recommend a treatment plan

4

- Additional sleep testing may be required depending on the type and severity of your sleep study results.
- Analyzing additional tests are the same process outlined in step 3.

5

- There are different treatment options for sleep disorders, including PAP therapies (CPAP, BILEVEL, etc), Mandibular advancement device, INSPIRE, REMEDE, CBTI, etc.
- Equipment availability may vary. Your insurance preferred Durable Medical Equipment(DME) provider will oversee supplies and equipment.

6

- Initial follow-up appointments need to occur **within 90 days** of starting treatment.
- Annual appointments with your medical provider can ensure proper treatment of sleep disorders.