



**SUTTER PHYSICIANS ALLIANCE (SPA)**  
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**SPA PCP Treatment & Referral Guidelines**  
**Pediatric Sleep Studies**

Developed February 17, 2004  
Reviewed January 16, 2009

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I. Indications for Sleep Studies in Children

- A) Sleep apnea / snoring observed by parents
- B) Excessive daytime somnolence
- C) Tracheostomy status with a future attempt to decanulate

II. Indications for Sleep Study in Children with ADD

- A) There is documented daytime sleepiness
- B) Sleep abnormalities, i.e., heavy snoring or apneic episodes are directly observed
- C) The child has physiognomy consistent with sleep apnea, i.e. general obesity, with particular thickness around the head and neck.

There have been some observational studies concluding that sleep apnea may be the putative cause of certain behavioral disorders in children, particularly Attention Deficit Disorder.

SPA has reviewed the literature and has determined that based upon the evidence, sleep studies should be performed in the evaluation of children with behavioral disorders, specifically Attention Deficit Disorder.

Children, who display the behavioral disorder along with characteristic physiognomy, without documented daytime sleepiness or observed sleep disorder may be referred to the group medical director for review.

**APPROVAL:**



SPA Medical Director

March 23, 2009

Date

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**Approval Summary:**

SMF QM Committee

SPA Steering Committee

Date: March 23, 2009

Date: FYI Only