

SCORING OF SLEEP STUDIES

PURPOSE

The use of an established scoring system for sleep stages, respiration, arousals and periodic limb movements ensures reliability of scoring and contributes to the accuracy of the diagnosis from all sleep tests.

POLICY

All sleep records will be scored using established definitions and criteria. All sleep recordings will be scored for sleep stages using criteria published in the most current version of the *AASM Scoring Manual*.

PROCEDURE

- 1.0** Score study using appropriate criteria published in the most current version of the *AASM Scoring Manual*.
 - 1.1 Infant rules should be used to score sleep and wakefulness in infants up to two months old.
 - 1.2 Children rules should be used to score sleep and wakefulness in children two months and older.
- 2.0** All reports must include all recommended parameters included in the *AASM Scoring Manual*.