

(20173)

<b>Medical Benefit</b>		<b>Effective Date:</b> 04/01/17	<b>Next Review Date:</b> 01/18
<b>Preauthorization</b>	No	<b>Review Dates:</b> 01/17	

***This protocol considers this test or procedure investigational. If the physician feels this service is medically necessary, preauthorization is recommended.***

*The following protocol contains medical necessity criteria that apply for this service. The criteria are also applicable to services provided in the local Medicare Advantage operating area for those members, unless separate Medicare Advantage criteria are indicated. If the criteria are not met, reimbursement will be denied and the patient cannot be billed. Please note that payment for covered services is subject to eligibility and the limitations noted in the patient's contract at the time the services are rendered.*

Populations	Interventions	Comparators	Outcomes
Individuals: • With circadian sleep-wake rhythm disorders	Interventions of interest are: • Actigraphy	Comparators of interest are: • Sleep journal • Polysomnography	Relevant outcomes include: • Test accuracy • Test validity
Individuals: • Central disorders of hypersomnolence	Interventions of interest are: • Actigraphy	Comparators of interest are: • Sleep journal • Polysomnography	Relevant outcomes include: • Test accuracy • Test validity
Individuals: • Insomnia	Interventions of interest are: • Actigraphy	Comparators of interest are: • Sleep journal • Polysomnography	Relevant outcomes include: • Test accuracy • Test validity

### Description

Actigraphy refers to the assessment of body movement activity patterns using devices, typically placed on the wrist or ankle, during sleep, which are interpreted by computer algorithms. Sleep-wake cycles may be altered in sleep disorders including insomnia and circadian rhythm sleep disorders. In addition, actigraphy could be used to assess sleep/wake disturbances associated with other disorders.

### Summary of Evidence

For individuals who have circadian sleep-wake rhythm disorders, central disorders of hypersomnolence, or insomnia who receive actigraphy, the evidence includes prospective and retrospective validation studies. Relevant outcomes are test accuracy and validity. The clinical validity of actigraphy depends, to a large extent, on the modality to which it is being compared. Comparisons with sleep diaries have shown reasonable correlations for measures of bedtime, sleep onset, and wake time in adults but not in adolescents. The relative and unique contributions of actigraphy and sleep logs in the diagnosis of sleep disorders and measurement of treatment effects remain to be demonstrated. Comparisons with the more resource-intensive polysomnography or behavioral scoring have indicated that, with the appropriate sensitivity threshold, actigraphy has sufficient sensitivity to detect sleep but has poor specificity distinguishing between wake and sleep. The literature has also shown that the accuracy of actigraphy for differentiating between wake and sleep decreases as the level of sleep

disturbance increases. Overall, progress has been made since the 2007 American Academy of Sleep Medicine research recommendations comparing the reliability and validity of different algorithms with the reference standard. Although actigraphy appears to provide reliable measures of sleep onset and wake time in some patient populations, its clinical utility over sleep diaries has not been demonstrated. Moreover, evidence has shown that actigraphy does not provide a reliable measure of sleep efficiency in clinical populations. The evidence is insufficient to determine the effects of the technology on health outcomes.

### Policy

Actigraphy is considered **investigational** when used as the sole technique to record and analyze body movement, including but not limited to its use to evaluate sleep disorders. This does not include the use of actigraphy as a component of portable sleep monitoring (see Policy Guidelines section).

### Policy Guidelines

This policy does not address the use of actigraphy when used as a component of portable sleep monitoring (see the Diagnosis and Medical Management of Obstructive Sleep Apnea Syndrome Protocol).

### Background

Actigraphy refers to the assessment of activity patterns (body movement) using devices, typically placed on the wrist or ankle, that are interpreted by computer algorithms as periods of sleep (absence of activity) and wake (activity). Actigraphy devices are usually placed on the nondominant wrist with a wristband and are worn continuously for at least 24 hours. Activity is usually recorded for a period of three days to two weeks, but can be collected continuously over extended periods with regular downloading of data onto a computer. The activity monitors may also be placed on the ankle to assess restless legs syndrome or on the trunk to record movement in infants.

The algorithms for detecting movement vary across devices and may include “time above threshold,” the “zero crossing method” (the number of times per epoch that activity level crosses zero), or “digital integration” method, resulting in different sensitivities. Sensitivity settings (e.g., low, medium, high, automatic) can also be adjusted during data analysis. The digital integration method reflects both acceleration and amplitude of movement; this form of data analysis may be most commonly used today.

Data on patient bed times (lights out) and rise times (lights on) are usually entered into the computer record from daily patient sleep logs or by patient-activated event markers. Proprietary software is then used to calculate periods of sleep based on the absence of detectable movement, along with movement-related level of activity and periods of wake. In addition to providing graphic depiction of the activity pattern, device-specific software may analyze and report a variety of sleep parameters, including sleep onset, sleep offset, sleep latency, total sleep duration, and wake after sleep onset. Actigraphy might also be used to measure the level of physical activity.

Actigraphy has been used for more than two decades as an outcome measure in sleep disorders research. For clinical applications, actigraphy is being evaluated as a measure of sleep-wake cycles in sleep disorders, including insomnia and circadian rhythm sleep disorders. In addition, actigraphy is being investigated as a measure of sleep-wake disturbances associated with numerous diseases and disorders.

## Regulatory Status

Numerous actigraphy devices have been cleared for marketing by the U.S. Food and Drug Administration (FDA) through the 510(k) process. Some actigraphy devices are designed and marketed to measure sleep/wake states while others are designed and marketed to measure levels of physical activity. FDA product code: OLV.

## Related Protocol

Diagnosis and Medical Management of Obstructive Sleep Apnea Syndrome

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Services that are the subject of a clinical trial do not meet our Technology Assessment Protocol criteria and are considered investigational. *For explanation of experimental and investigational, please refer to the Technology Assessment Protocol.*

It is expected that only appropriate and medically necessary services will be rendered. We reserve the right to conduct prepayment and postpayment reviews to assess the medical appropriateness of the above-referenced procedures. **Some of this protocol may not pertain to the patients you provide care to, as it may relate to products that are not available in your geographic area.**

## References

We are not responsible for the continuing viability of web site addresses that may be listed in any references below.

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