

## Indian Society for Sleep Research Guideline for Sleep Report Attestation

### **Preamble**

In India polysomnographic studies are conducted by institutions, hospitals, sleep physicians, sleep clinic and sleep laboratories. Many sleep studies are referred by non-sleep medicine referring physicians and caregivers in addition to patients self-seeking for sleep study. The facilities that are owned by individuals and laboratories outsourced by industry and sleep devices suppliers also cater for sleep studies that are predominantly home based recordings.

Due to heterogeneous way of data collection carried by both experts and non-experts, the sleep study reporting also differs which potentially influence patient care and management. High-quality structured reporting of sleep studies is important for patient care, benefiting patients, caregivers, clinicians, durable medical equipment and health insurance companies.

Detailed primary data collected from sleep studies should lead to specific and clear reports with evidence-based clinical recommendations by sleep medicine specialists,

The goal of this document is to offer recommendations for reporting a sleep study.

### **The Indian Society for Sleep Research (ISSR) recommendations for signing a sleep report.**

A sleep study ([Polysomnography \(level 1-4\)](#)) report is typically signed by a certified sleep specialist or a physician who meets the standard for interpreting polysomnograms, multiple sleep latency tests, or maintenance of wakefulness tests and respirogram. This personal is responsible for conducting an epoch-by-epoch review of the raw data and ensuring the quality of the recording and scoring. ISSR does not recommend sleep technologist to interpret, diagnose and sign the polysomnography reports.

#### **Certified Sleep Specialist:**

The ISSR recognizes the importance of interpretation of sleep studies by a WSS certified sleep specialist. This specialist has requisite training and expertise in diagnosing and managing sleep disorders.

#### **Physicians:**

The ISSR outlines the requirements for physicians who can interpret sleep studies. The interpreting physician must conduct a detailed review of the clinical history and raw data (epoch-by-epoch) of the sleep study to ensure accuracy of the scoring of sleep stages and associated events.

#### **Sleep Clinic or Sleep laboratory:**

A sleep clinic or sleep laboratory must designate a physician with a valid state medical license. The medical director/superintendent of the establishment is responsible for the overall quality of the sleep services provided by the clinic or laboratory.

**Signed Attestation:**

The ISSR requires that the certified sleep[ specialist/physician's review be documented, by a signature on the report to verify that the report has been reviewed. Sleep study reports are not signed by sleep technicians/technologists.