



MBS funded investigations for sleep disorders – current professional guidelines

Last updated: 31 May 2024

- From 1 November 2018, MBS items for sleep studies changed to ensure patients with proven sleep disorders are better identified and more appropriately managed.
- MBS items 12203 to 12250 continue to require that investigations for sleep disorders be performed in accordance with the current professional guidelines.
- The Department has recently amended explanatory note [DN.1.17](#) to confirm the current professional guidelines for MBS funded investigations for sleep disorders and the relevant part of the current professional guidelines that apply.

What are the changes?

There are no changes to the MBS items for funded investigations for sleep disorders (MBS items 12203 to 12250).

Changes to the explanatory note (DN.1.17) which is associated with these items, have been made to confirm the current professional guidelines that apply for MBS funded investigations for sleep disorders and the relevant part of these guidelines that are required to be followed.

MBS items 12203 to 12208 - provides patients with a benefit for a Level 1 adult sleep study undertaken in a sleep laboratory.

MBS items 12210 to 12217 - provides patients with a benefit for a Level 1 paediatric sleep study undertaken in a sleep laboratory.

MBS items 12250 - provide patients with a benefit for an unattended Level 2 adult sleep study that is undertaken outside a sleep laboratory.

Currently there are no MBS items available for Level 3 or 4 sleep studies.

What clinical guidelines apply to MBS funded sleep study items?

All of the current MBS Items for the investigation for sleep disorders (MBS items 12203 to 12250) continue to require the continuous monitoring and recording of the parameters that are listed in the item descriptor and that these are measured and performed in accordance with the current professional guidelines.

Practitioners are required to ensure they are able to meet the **polysomnography (PSG) requirements** of the current professional guidelines, including technical specifications and electrode placements in the following documents:

- Guidelines for the performance of sleep studies in adults – a position statement of the Australasian Sleep Association. Refer to the document under the heading [Sleep Studies in Adults - Position statements \(sleep.org.au\)](#)
- The American Academy of Sleep Medicine (AASM) Manual for the Scoring of Sleep and Associated Events: rules, terminology and technical specifications (you will require an account to access this resource). Refer to the section Sleep Staging Rules in the [AASM Scoring Manual - American Academy of Sleep Medicine](#)
- An Australian Commentary on the AASM Manual for the Scoring of Sleep and Associated Events. Refer to the document under the heading [Scoring of Sleep and Associated Events - Position statements \(sleep.org.au\)](#)

Why is the explanatory note being amended?

From 1 November 2018, MBS items for sleep studies changed to ensure patients with proven sleep disorders are better identified and more appropriately managed.

Previous factsheets about the 2018 changes to laboratory sleep studies can be found at the [Lab Based Studies detailed factsheet](#) and the [Home Based Studies detailed factsheet](#).

These changes were a result of a review by the MBS Review Taskforce, which was informed by Thoracic Medicine Clinical Committee. More information about the Taskforce and associated Committees is available in [Medicare Benefits Schedule Review](#) in the consumer section of the [Department of Health and Aged Care website](#).

A copy of the MBS Review Taskforce findings of the Thoracic Medicine Clinical Committee's final report can be found in the [Thoracic Medicine Clinical Committee](#) section of the [Department of Health and Aged Care website](#).

The Department has recently amended explanatory note [DN.1.17](#) to confirm the current professional guidelines that apply for MBS funded investigations for sleep disorders and the relevant part of the current professional guidelines that apply. This is to assist practitioners in making appropriate claims.

What does this mean for providers?

Practitioners who bill the MBS will have greater clarity in identifying the current professional guidelines for MBS funded investigations for sleep disorders and the relevant part of the current professional guidelines that are required to be adhered to.

How will this affect patients?

Patients will continue to receive Medicare benefits for sleep study services that are clinically appropriate and reflect modern clinical practice.

Who was consulted?

The Thoracic Medicine Clinical Committee was established in 2015 by the MBS Review Taskforce (the 'Taskforce'), to provide broad clinician and consumer expertise. The MBS Review included a public consultation process on the proposed changes from

9 September 2016 to 7 October 2016. Feedback at that time was received from a broad range of stakeholders.

A number of organisations were invited to provide feedback to the amendments to Explanatory Note. These included: the Australia and New Zealand Sleep Science Association, Australian Medical Association, Australasian Sleep Association, Royal Australian College of General Practitioners, Royal Australasian College of Physicians, and Thoracic Society of Australia and New Zealand.

How are the items monitored and reviewed?

Providers are responsible for ensuring services claimed from Medicare using their provider number meet all legislative requirements.

These MBS items are subject to MBS compliance checks and providers may be required to submit evidence about the services claimed.

Where can I find more information?

The full item descriptor(s) and information can be found on the [MBS Online website](#). You can also subscribe to future MBS updates by visiting [MBS Online](#) and clicking 'Subscribe'.

The Department of Health and Aged Care provides an email advice service for providers seeking advice on interpretation of the MBS items and rules and the *Health Insurance Act 1973* and associated regulations. If you have a query relating exclusively to interpretation of the Schedule, you should email askMBS@health.gov.au.

Private health insurance information on the product tier arrangements is available at www.privatehealth.gov.au. Detailed information on the MBS item listing within clinical categories is available on the [Department's website](#). Private health insurance minimum accommodation benefits information, including MBS item accommodation classification, is available in the latest version of the *Private Health Insurance (Benefit Requirements) Rules 2011* found on the [Federal Register of Legislation](#). If you have a query in relation to private health insurance, you should email PHI@health.gov.au.

Subscribe to '[News for Health Professionals](#)' on the Services Australia website and you will receive regular news highlights.

If you are seeking advice in relation to Medicare billing, claiming, payments, or obtaining a provider number, please go to the Health Professionals page on the Services Australia website or contact the Services Australia on the Provider Enquiry Line – 13 21 50.

The data file for software vendors when available can be accessed via the [Downloads](#) page.

Please note that the information provided is a general guide only. It is ultimately the responsibility of treating practitioners to use their professional judgment to determine the most clinically appropriate services to provide, and then to ensure that any services billed to Medicare fully meet the eligibility requirements outlined in the legislation.

This factsheet is current as of the Last updated date shown above and does not account for MBS changes since that date.