



DOCUMENTING SLEEP DISORDERS

- Sleep disorders can be classified as nonorganic and organic
- Sleep disorders associated with mental or behavioral health issues are classified as nonorganic
- ICD-10 guidelines define insomnia as
 - Difficulty falling asleep
 - Difficulty maintaining sleep, or
 - non-refreshing sleep
 - List other underlying or related conditions
- Detail any contribution alcohol or drug use, abuse, or dependence has on the condition
- Specify the drug by name, including prescription drugs