



Somfit Pro Sleep Study Report

Somfit®
Check SLEEP 1st®

PATIENT DETAILS				STUDY DETAILS			
Name		ID		Device/Serial	Somfit Pro ECG 3CE00225F83A-3CE00225F517		
Age	40	Height	cm	Reporting Date			
DOB		Weight	kg	Study Date			
Gender	Male	BMI	kg/m ²	Start/End Time	23:32:31	-	06:34:07

REFERRAL DETAILS					
Referrer		ESS		STOP-BANG	
Practice Name					
Clinical History					
Co-morbidities	null				

OBSERVATIONS
-

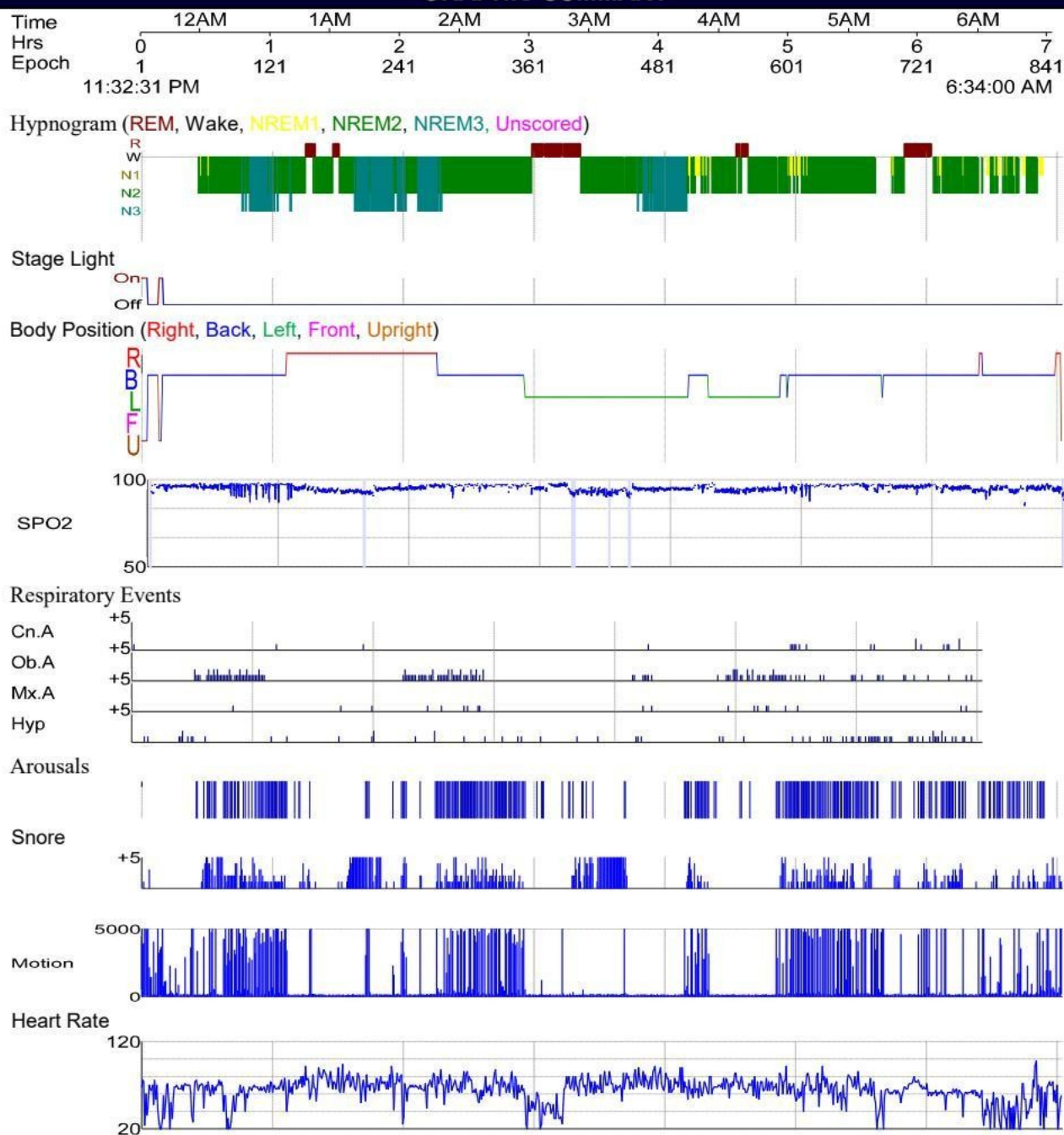
CONCLUSIONS
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RECOMMENDATIONS
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DISCLAIMER: When signed by a suitably qualified sleep specialist, this report is intended for clinical interpretation purposes. Clinical interpretation can only be performed by a suitable qualified sleep medicine practitioner.



GRAPHIC SUMMARY



Note: periods of baseline drift are indicated by pale blue background shading on the SpO₂ graph. This time period is included for detection of respiratory events but excluded for SpO₂ metric calculations.

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SLEEP STAGING SUMMARY

	Time	% of Sleep	
N1 sleep	20.5 min	5.6 %	Yellow
N2 sleep	237.0 min	64.8 %	Green
N3 sleep	63.0 min	17.2 %	Teal
REM sleep	45.5 min	12.4 %	Red
NREM sleep	320.5 min	87.6 %	
Time			
Sleep (TST)	366.0 min		
Wake	52.5 min	(SOL + WASO)	
Sleep efficiency	87.9 %		

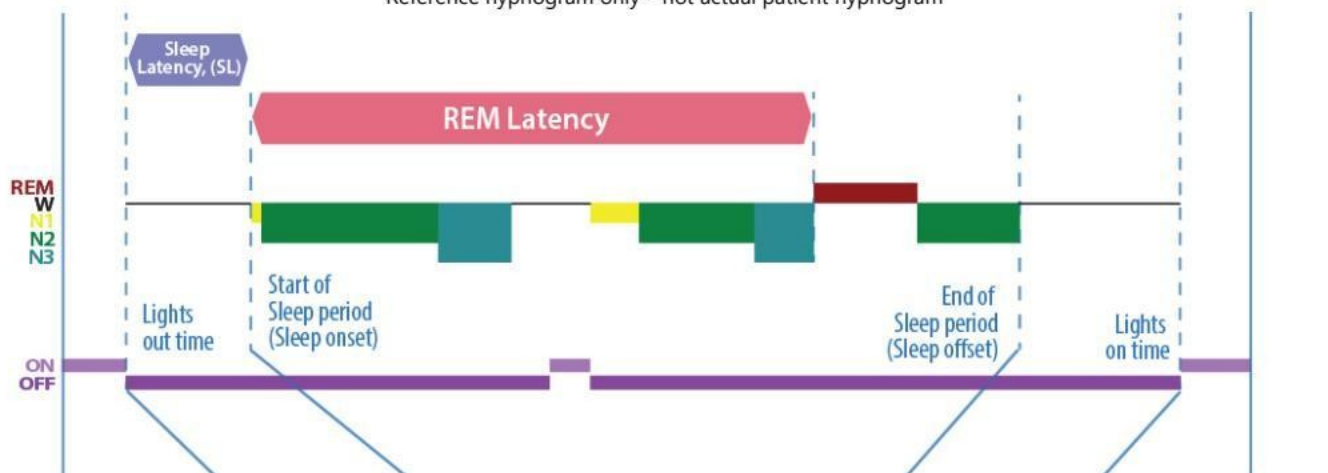
SLEEP TIME STATISTICS

	Time
Total Recording Time (TRT)	7:01:36 hh:mm:ss
Time available for sleep	6:56:30 hh:mm:ss
Total Sleep Time (TST)	6:06:00 hh:mm:ss
SpO ₂ Artifact Time (during TST)	2:13:26 hh:mm:ss
Monitoring Time (MT)	4:26:55 hh:mm:ss
Sleep Onset Latency (SOL)	23.0 min
REM latency	49.0 min
Wake after sleep onset (WASO)*	29.5 min

*includes wake between sleep offset and lights on time

STUDY ACQUISITION

Reference hypnogram only – not actual patient hypnogram



Start recording	Lights out	Sleep onset	Sleep offset	Lights on	End Recording
23:32:31	23:35:31	23:58:31	06:25:00	06:34:00	06:34:07

Sleep availability time 6:26.5 hr:min

Time available for sleep 6:56.5 hr:min

Total recording time 7:02 hr:min

STUDY ACQUISITION

Polysomnography data was acquired using a Somfit Pro System with the following parameters:

EEG (Fp1-Fp2)	ECG (Lead 1)	Pulse Oximetry
EOG (Fp1-Fpz, Fp2-Fpz)	Nasal Pressure	Snoring Sounds
EMG (Fp1-Fp2)	Thoracic Movement	Body Position

This report comprises test results, analysis thereof and recommendations for treatment by the sleep specialist. It is intended for use by the patient's referring medical practitioner and nominated technicians. The referring medical practitioner is responsible for overseeing the ongoing treatment and monitoring of the patient and should consider referring the patient to the sleep specialist if the diagnosis requires further clarification; the patient does not respond to or has difficulty with the recommended treatment/intervention; or significant cardiovascular complications have already developed.

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RESPIRATORY EVENTS (BY STAGING AND POSITION)

		REM	NREM	Total	Supine	Non-Supine
Apnoea Events	Central	0	16	16	14	2
	Obstructive	3	141	144	140	4
	Mixed	0	18	18	15	3
	Total	3	175	178	169	9
	Longest			87 sec		
Hypopnea Events	Total	6	41	47	36	11
	Longest			90.0 sec		
Apnoea + Hypopnea Events Total		9	216	225	205	20
AHI - AASM		11.9 /hr	40.4 /hr	36.9 /hr	64.4 /hr	6.9 /hr
Arousals	Events	14	238	252	218	34
	Index	18.5 /hr	44.6 /hr	41.3 /hr	68.5 /hr	11.7 /hr
Snore Index		58 /hr	181 /hr	166 /hr	175 /hr	156 /hr
Sleep Duration		46 min	321 min	366 min	191 min	175 min

AHI GRAPH



Reference values for AHI are in accordance with AASM guidelines.

OXYGEN SATURATION SUMMARY

	SpO ₂	SpO ₂ Time	Duration	Sleep %
Baseline (awake)	96 %	<90%	1 min	0 %
Average during Sleep	95 %	<88%	0 min	0 %
Minimum during sleep	87 %	<85%	0 min	0 %
Largest Desaturation	11 %	<80%	0 min	0 %

HEART SUMMARY

	Average	Highest	Lowest
Heart Rate	65 BPM	111 BPM	23 BPM

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