



Sleep Study Report

Patient Information

First Name:	[REDACTED]	Last Name:	[REDACTED]	ID:	[REDACTED]
Birth Date:	[REDACTED]	Age:	52	Gender:	Male
Insurer:		BMI:			
Neck Circ.:		Epworth:		Mobile Phone:	[REDACTED]
Address:					

Sleep Study Information

Study Date:	[REDACTED]	S/H/A Version:	5.4.88.2 / 4.2.1234 / 88
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Referring Physician Information

First Name:		Last Name:	[REDACTED]
Work Phone:		Mobile Phone:	
E-mail:		Fax:	

Physician Name:

Date:

Signature:



Sleep Study Report

Sleep Summary

Start Study Time:	12:48:19 AM
End Study Time:	7:19:18 AM
Total Recording Time:	6 hrs, 30 min
Total Sleep Time	5 hrs, 52 min
% REM of Sleep Time:	25.4

Respiratory Indices

	Total Events	REM	NREM	All Night
pRDI:	234	58.5	34.9	40.9
pAHI 3%:	227	57.8	33.5	39.7
ODI 3%:	232	62.6	33.1	40.6
pAHIc 3%:	15	6.2	1.4	2.6
% CSR:	0.0			
pAHI 4%:	164	48.9	21.8	28.7
ODI 4%:	161	50.2	20.6	28.2

Indices are calculated using technically valid sleep time of 5 hrs, 43 min.

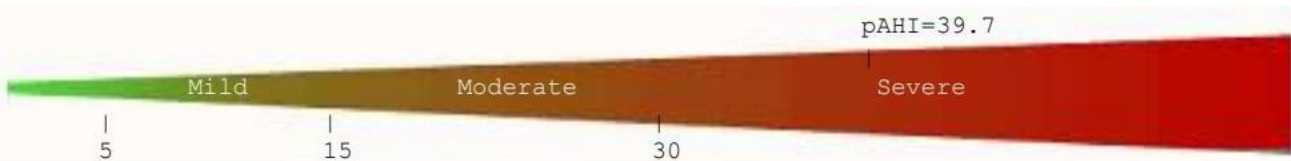
pRDI is calculated using oximetry desaturation $\geq 3\%$

Oxygen Saturation Statistics

Mean:	92	Minimum:	53	Maximum:	99
Mean of Desaturations Nadirs (%):					88
Oxygen Desatur. %:	3-9	10-20	>20	Total	
Events Number	194	24	14	232	
Total	83.6	10.3	6.0	100.0	
Oxygen Saturation:	<90	<=88	<85	<80	<70
Duration (minutes):	36.6	27.6	14.4	7.6	1.6
Sleep %	10.4	7.8	4.1	2.2	0.4

Pulse Rate Statistics during Sleep (BPM)

Mean:	78	Minimum:	54	Maximum:	104
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* Reference values are given by physician

Cardiac Rhythm Analysis In Sleep

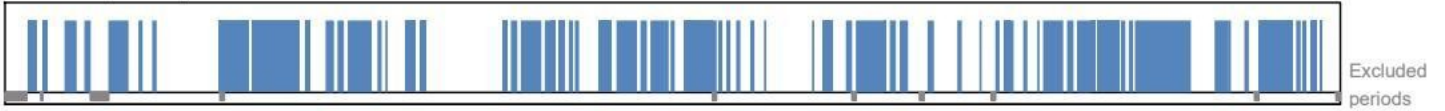
Suspected Atrial Fibrillation (h:mm:ss)	
Total duration	Not detected
Longest event duration	Not detected
Premature beats	
Events per min	<0.1

Events are calculated using technically valid sleep time of 5 hrs, 52 min.

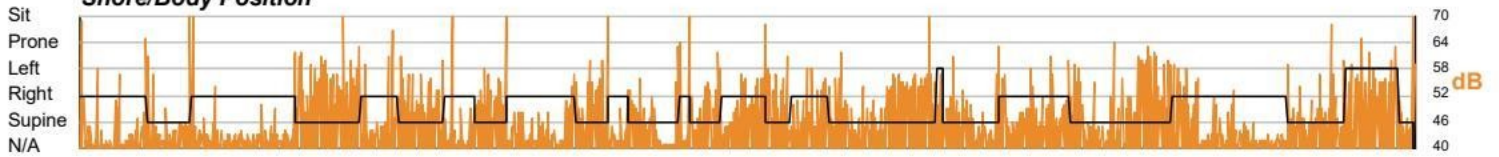


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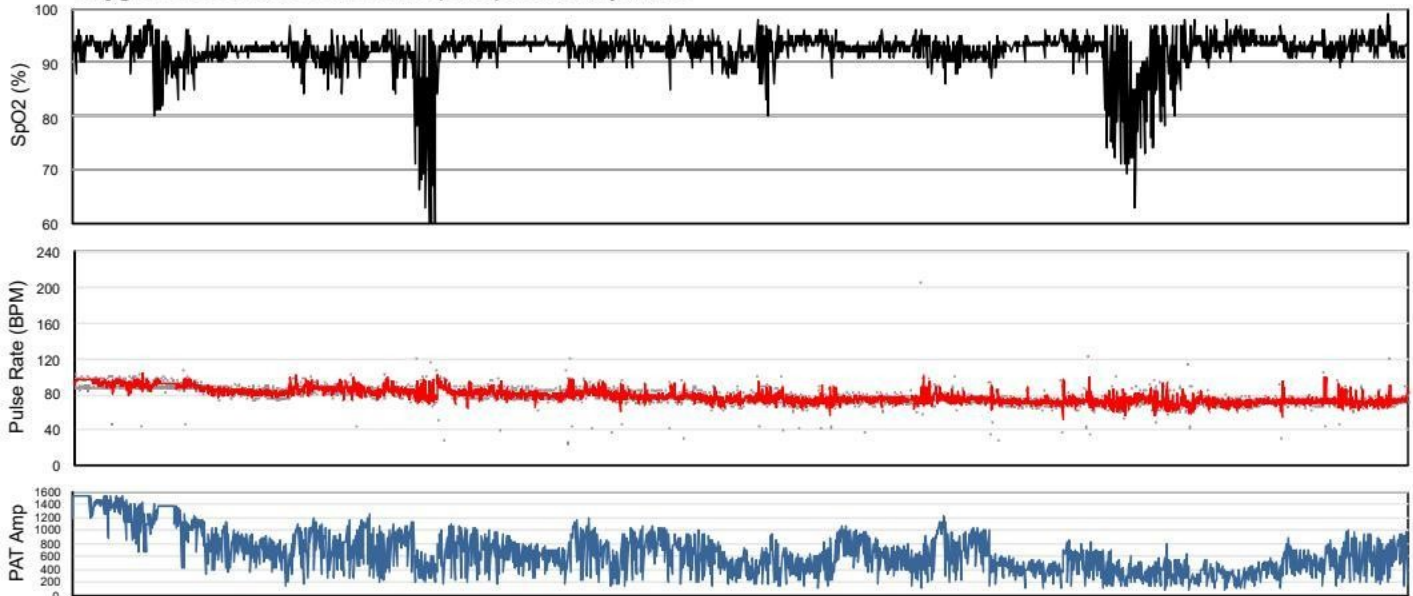
PAT Respiratory Events



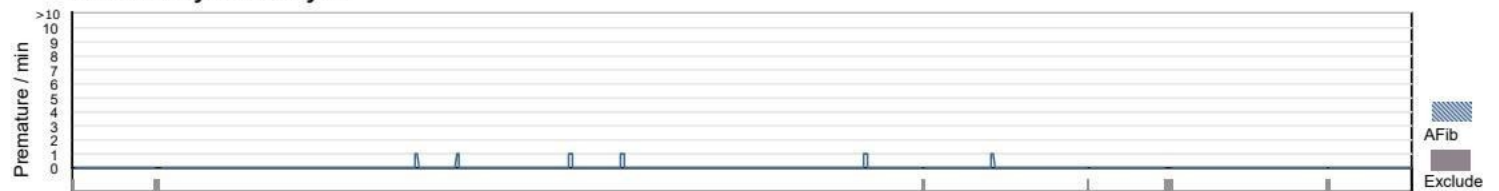
Snore/Body Position



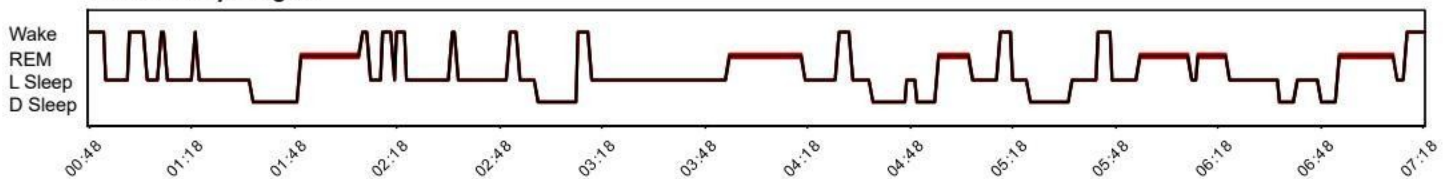
Oxygen Saturation: / Pulse Rate (BPM) / PAT Amplitude



Cardiac Rhythm Analysis



Wake / Sleep stages

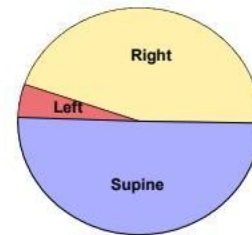




Sleep Study Report

Body Position Statistics

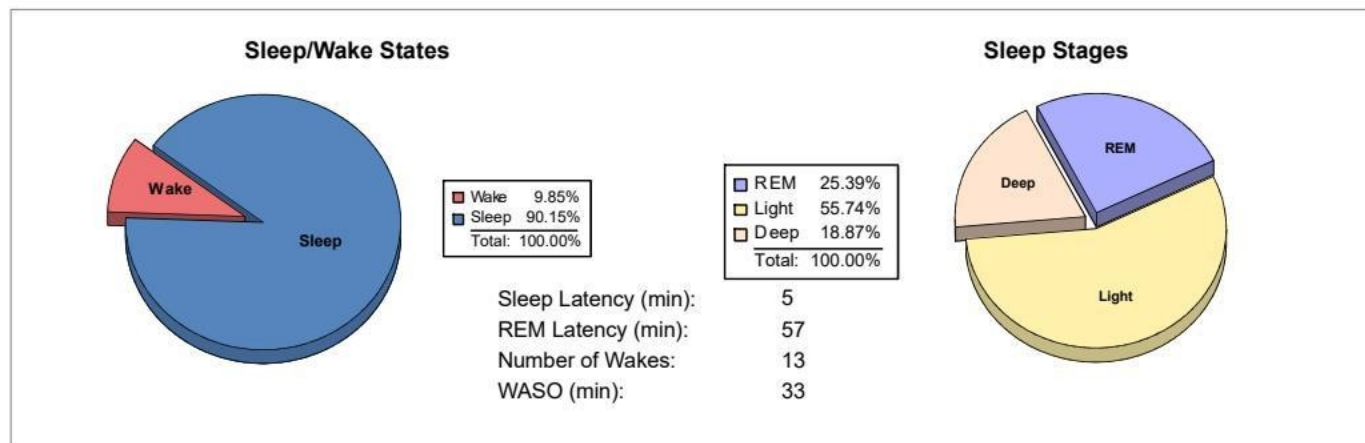
Position	Supine	Prone	Right	Left	Non-Supine
Sleep (min)	177.5	0.0	158.0	17.0	175.0
Sleep %	50.3	0.0	44.8	4.8	49.6
pRDI	50.4	N/A	29.2	53.5	31.6
pAHI 3%	49.0	N/A	28.1	53.5	30.5
ODI 3%	50.8	N/A	28.1	53.5	30.5



Snoring Statistics

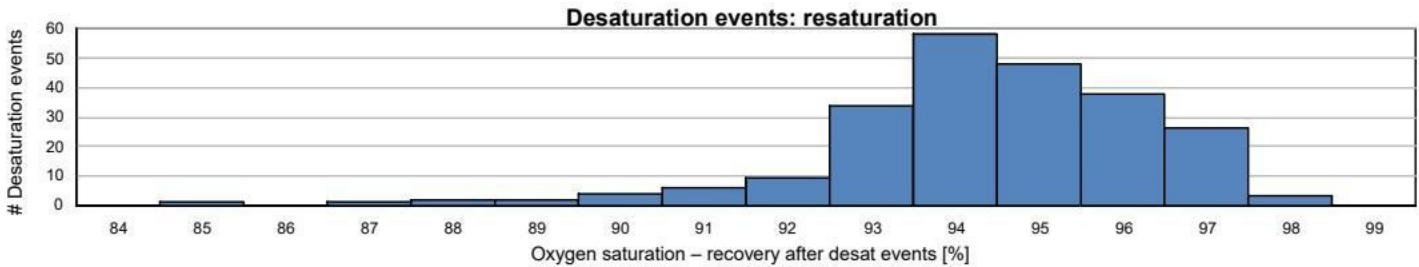
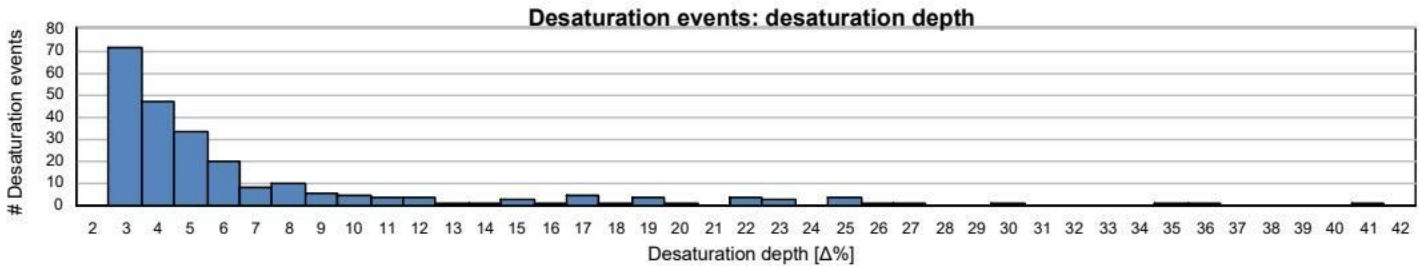
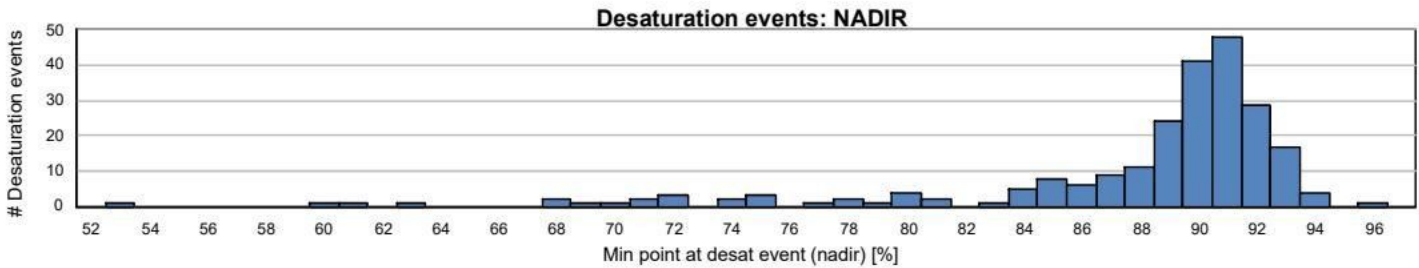
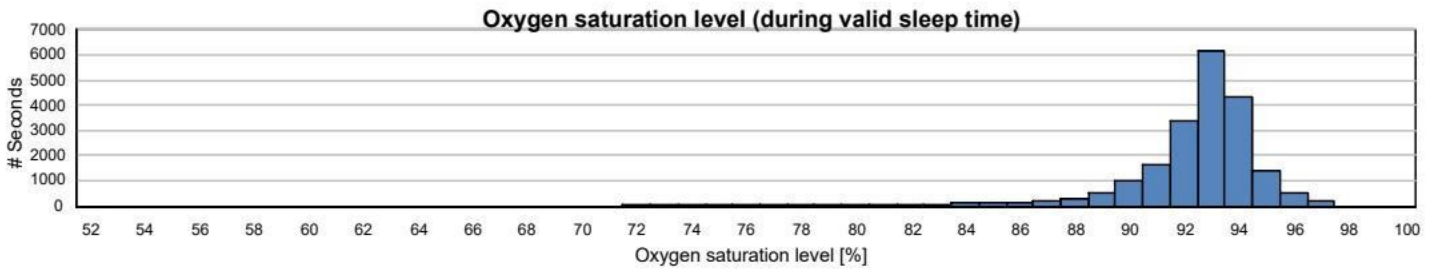
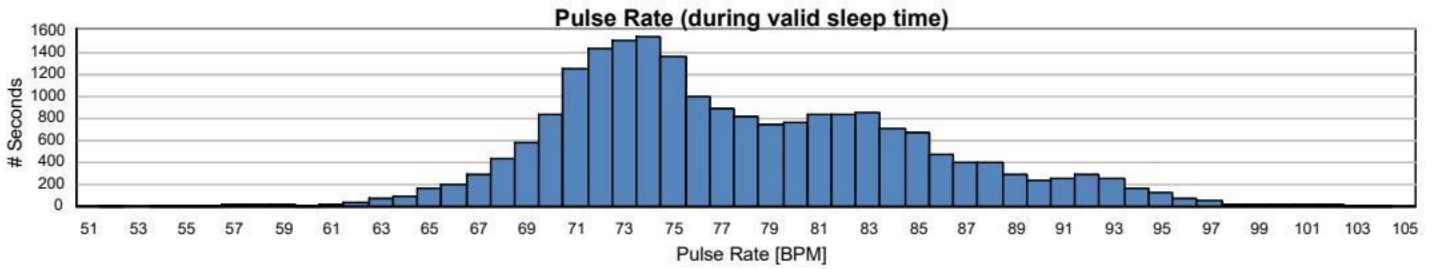
Snoring Level (dB)	>40	>50	>60	>70	>80	>Threshold (45)	Mean: 44 dB
Sleep (min)	305.7	46.0	4.2	0.0	0.0	98.8	
Sleep %	86.7	13.1	1.2	0.0	0.0	28.0	

Sleep Stages Chart





Sleep Study Report





I would like to thank you for undertaking the Watch-PAT ambulatory sleep study. I would now like to review with you the results that you received.

Your total study time (which is calculated from the time you turned the device on until you pulled it off) was 6 hrs, 30 min. But as we are testing for obstructive sleep apnea and are interested in the time that you were asleep, your total sleep time was 5 hrs, 52 min. On average, a person with normal sleep habits sleeps between 6 - 8 hours a night.

Looking at your sleep statistics we can learn some vital information:

Your apnea/hypopnea index (abbreviated as AHI) was found to be 39.7. This score is the average number of apnea and hypopnea events per hour of sleep during the night. Apnea event is an episode of fully occluded breathing of more than 10 seconds, and an hypopnea event is an episode of partial occlusion. The normal range of the AHI score is 5 or lower.

Your respiratory disturbance index (RDI) was found to be 40.9. This score is calculated in a very similar way as the AHI but an additional type of respiratory events named RERA are also counted . RERA is the abbreviation for Respiratory Effort Related Arousal and is essentially a very short arousal of a few seconds that follows partial occlusion of the airways. The normal range of the RDI score is also 5 or lower.

Your oxygen desaturation index (ODI) was found to be 28.2. This score is the average number of times the oxygen in your blood dropped by 4% or more during an hour of sleep. As you can imagine, the more your oxygen drops the harder the heart must work. The normal range of the ODI is 5 or lower.

Looking at your REM sleep stage (Rapid Eye Movement) we find that you were in this stage 25.4% of your sleep time. REM sleep is very important as during this stage your body is being replenished and nurtured. The normal range of the REM score is between 15 to 30% pending some other conditions. REM stage is also believed to be the time during which we dream.

If I can be of any further assistance, please contact my front desk to make an appointment.

Regards,

