Sleep Quality Report

Sleep Quality

- SQI: 59 (Expected >55)
- Efficiency: 88% (Expected >85%)

Sleep Opportunity

- Latency: 0h:29m (Expected <30 min)
- Duration: 6h:21m (Expected 7-9 hours)

Sleep Apnea

- SAI: 20 (Expected <5)
- sAH1: 19 (Moderate)

Sleep Pathology

- Fragmentation: 8% (Expected <15%)
- Periodicity: 0% (Expected ≤2%)

Signal

01:00 02:00 03:00 04:00 05:00 06:00

- Stable 58% - 3h:29m (Expected >50%)
- Unstable 31% - 1h:53m (Expected <30%)
- REM 11% - 0h:38m (Expected ≥20%)

TST: 6h:0m
WASO: 0h:21m
Wake Transitions: 1
Snore: N/A
Body Position: N/A

Sp02 <90%: 0h:31m - 8%
Sp02 <88%: 0h:12m - 3%
SpO2 <80%: 0m:49s - 0%
MIN-MAX-MEAN Sp02: 78% - 98% - 92%
ODI 3%: 35

Test Summary:

Patient: 39 year old Female

Average Signal Quality is 91%.
Sleep Quality is above expected value.
Sleep Efficiency is above expected value.
Sleep Duration is not within expected value.

Sleep Apnea Indicator is above expected value.
Apnea Hypopnea Index is Moderate.
Sleep Fragmentation is below expected value.
Periodicity is below expected value.
Published Notes:

Treatment plan approved as proposed

Further Evaluation Recommended
30- and 60-day follow-up testing recommended

Published on Oct 16, 2019 11:54 AM by Sleep MD

Moderate sleep apnea characterized by frequent desaturations with co-occurring CVHR. Sleep architecture is still present with majority of events occurring in Unstable and REM sleep.

Further Testing Recommended
Follow up test to be scheduled monthly until treatment efficacy is confirmed

Therapy Recommended
Issue a mandibular device

Published on Oct 16, 2019 11:48 AM by Clinician T

Spectrogram:
Sleep Quality Report
Jun 23, 2017 | 09:53 pm - 05:58 am

**Sleep Quality**

- SQI 69
  - Expected >55
- EFFICIENCY 82%
  - Expected >85%

**Sleep Opportunity**

- LATTENCY 0h:25m
  - Expected <30 min
- DURATION 7h:38m
  - Expected 7-8 hours

**Sleep Apnea**

- SAI 3
  - Expected <5
- sAHl N/A
  - No SpO2 recorded

**Sleep Pathology**

- FRAGMENTATION 7%
  - Expected <15%
- PERIODICITY 0%
  - Expected ≤2%

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**Test Summary:**

**Patient: 31 year old Male**

- Average Signal Quality is **98%**.
- Sleep Quality is **above** expected value.
- Sleep Efficiency is **below** expected value.
- Sleep Duration is **within** expected value.

- Sleep Apnea Indicator is **below** expected value.
- Sleep Fragmentation is **below** expected value.
- Periodicity is **below** expected value.
Sample SleepImage Report