



Sleep Quality Report

Jun 3, 2023 | 11:15 PM - 6:14 AM
SleepTest.com

Patient Name: Daniel Peyton
Patient Id: 3G27U3
Patient Number: 37167
Date Of Birth: 11/29/1981 (41 years)

Sleep Quality

SQI 51

Expected >55

EFFICIENCY 88%

Expected >85%

Sleep Opportunity

LATENCY 0h:04m

Expected <30 min

DURATION 6h:47m

Expected 7-9 hours

Sleep Apnea

sAHI4% 20

Moderate

sAHI3% 34

Severe

Sleep Pathology

FRAGMENTATION 20%

Expected <15%

PERIODICITY 0%

Expected ≤2%



STABLE 28% - 1h:42m	CVHR 3%	sAHI3% 8	Expected >50%
UNSTABLE 39% - 2h:22m	CVHR 26%	sAHI3% 50	Expected <30%
REM 33% - 2h:01m	CVHR 20%	sAHI3% 36	Expected ≈20%

Sleep Onset	11:20 PM
Sleep Conclusion	6:07 AM
TST	6h:06m
WASO	0h:23m
WAKE TRANSITIONS	#6
SAI	15

SpO ₂ <90%	0h:26m - 7%
SpO ₂ <88%	0h:12m - 3%
SpO ₂ <80%	0m:56s - 0%
MIN-MAX-MEAN SpO ₂	75% - 99% - 92%

	Desaturations	
	3%	4%
sAHI _{TOTAL}	34	20
sAHI _{OBSTRUCTIVE}	34	20
sAHI _{CENTRAL}	0	0
sRDI	40	40
ODI	33	21

	Min Max Mean		
	Min	Max	Mean
APNEA DURATION (sec)	10	64	20
HEART RATE (BPM)	49	114	76

Test Summary:

Patient: 41 year old PATIENT_INFO.MALE

Average Signal Quality is **84** %.
Sleep Quality is **below** 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 **Severe** .
Sleep Fragmentation is **above** expected value.
Periodicity is **below** expected value.

Interpreting Clinician Note:

Medical History:

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Impressions and Recommendations:

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Electronically signed by

Marc Sykstra

on Jun 6, 2023 4:34 AM

Published Notes:

Spectrogram:

