



## Sleep Study Report



### Patient Information

First Name: **SAMPLE** Last Name: **PATIENT** ID: **1234567**  
Birth Date: 1/1/1972 Age: 39 Gender: Male  
Insurer: BMI: 31  
Neck Circ.: 16" Epworth: 8  
Referring DDS:

### Sleep Study Information

Study Date: **11/01/2011** S/H/A Version: 4.3.60.3 / 2.2191 / 60

### Impression and Recommendations

#### IMPRESSION:

1. Obstructive Sleep Apnea (780.53-0) -

#### RECOMMENDATIONS:

1. Treatment options include dental evaluation for an oral appliance, continuous positive airway pressure (CPAP), or ENT evaluation for possible upper airway surgery.
2. An aggressive course of weight loss is recommended.
3. The patient should avoid alcohol and benzodiazepine sedative hypnotics close to bedtime. The patient should also avoid activities that require vigilance until the sleep disordered breathing is adequately treated.

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Sleep Medicine*

# Sleep Study Report



## Sleep Summary

Start Study Time:	11:55:00 PM
End Study Time:	06:26:58 AM
Total Study Time:	6 hrs, 31 min
<b>Sleep Time</b>	<b>5 hrs, 39 min</b>
% REM of Sleep Time:	19.9

## Oxygen Saturation Statistics

Mean:	96	Minimum:	83	Maximum:	99
Mean of Desaturations Nadirs (%):		91			
<b>Oxygen Desatur. %:</b>	<b>4 - 9</b>	<b>10 - 20</b>	<b>&gt;20</b>	<b>Total</b>	
Events Number	35	4	0	39	
Total	89.7	10.3	0.0	100.0	
<b>Oxygen Saturation:</b>	<b>&lt;90</b>	<b>&lt;85</b>	<b>&lt;80</b>	<b>&lt;70</b>	
Duration (minutes):	1.8	0.3	0.0	0.0	
Sleep %	0.5	0.1	0.0	0.0	
<b>Pulse Rate Statistics during Sleep (BPM)</b>					
Mean:	77	Minimum:	58	Maximum:	99

## Respiratory Indices

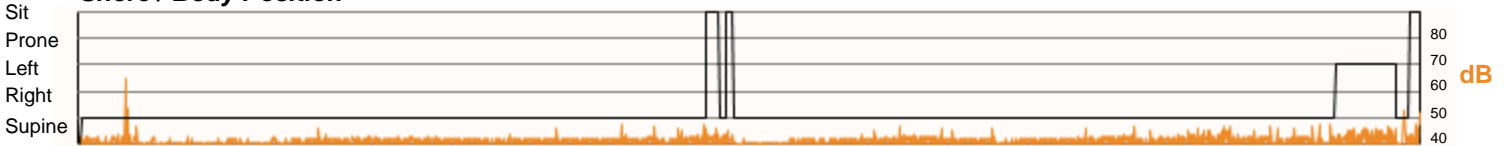
	REM	NREM	All Night
pRDI:	30.2	10.8	14.7
pAHI:	25.8	7.3	11.0
ODI:	17.8	4.2	6.9

Indices are calculated using valid sleep time of 5 hrs, 39 min.

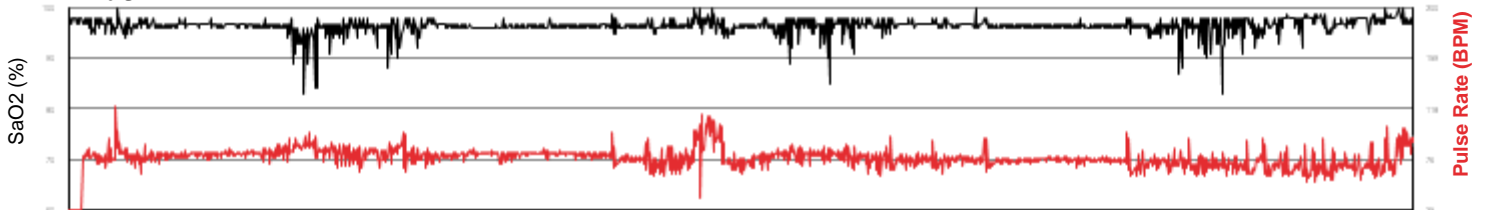
## PAT Respiratory Events



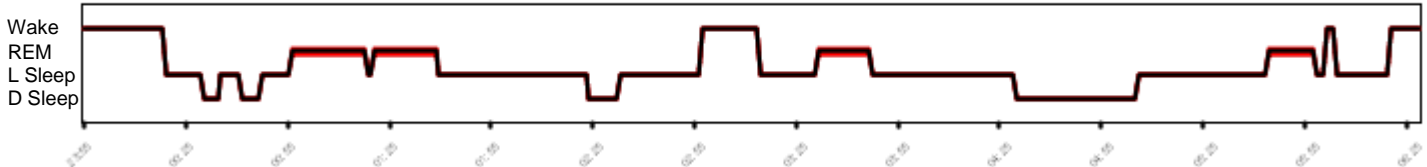
## Snore / Body Position



## Oxygen Saturation / Pulse Rate



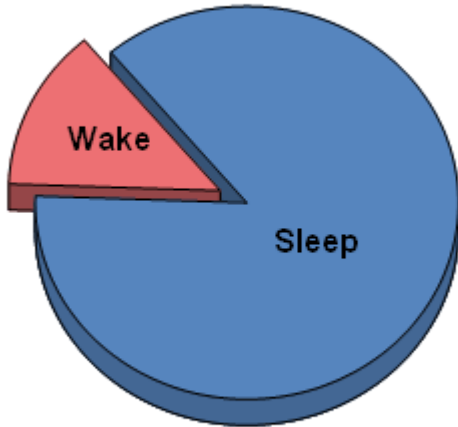
## Wake / Sleep stages



# Sleep Study Report



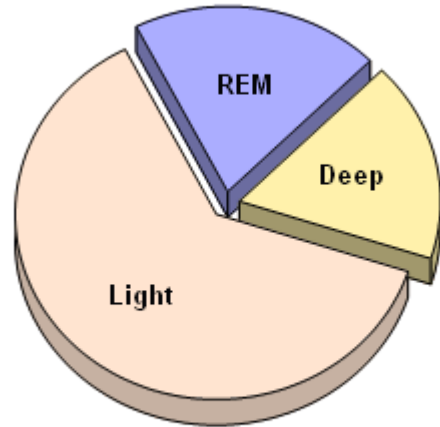
**Sleep/Wake States**



Wake	13.38%
Sleep	86.62%
<b>Total</b>	<b>100.00%</b>

Sleep Latency (min): 23  
 REM Latency (min): 37  
 Number of wakes: 3

**Sleep Stages**



REM	19.88%
Deep	17.53%
Light	62.59%
<b>Total</b>	<b>100.00%</b>

**Respiratory Indices Chart**

