



Polysomnography Report

SMC SLEEP CENTER

Total Recording Time: 6 hours 38 minutes (398 minutes)

Lights Off Clock Time: 2025-07-22 22:47

Lights On Clock Time: 2025-07-23 5:25

Patient Information

Name: PE250565, 김국태
ID: 00016578
Address:
City:
Zip Code:
E-Mail:
Phone:

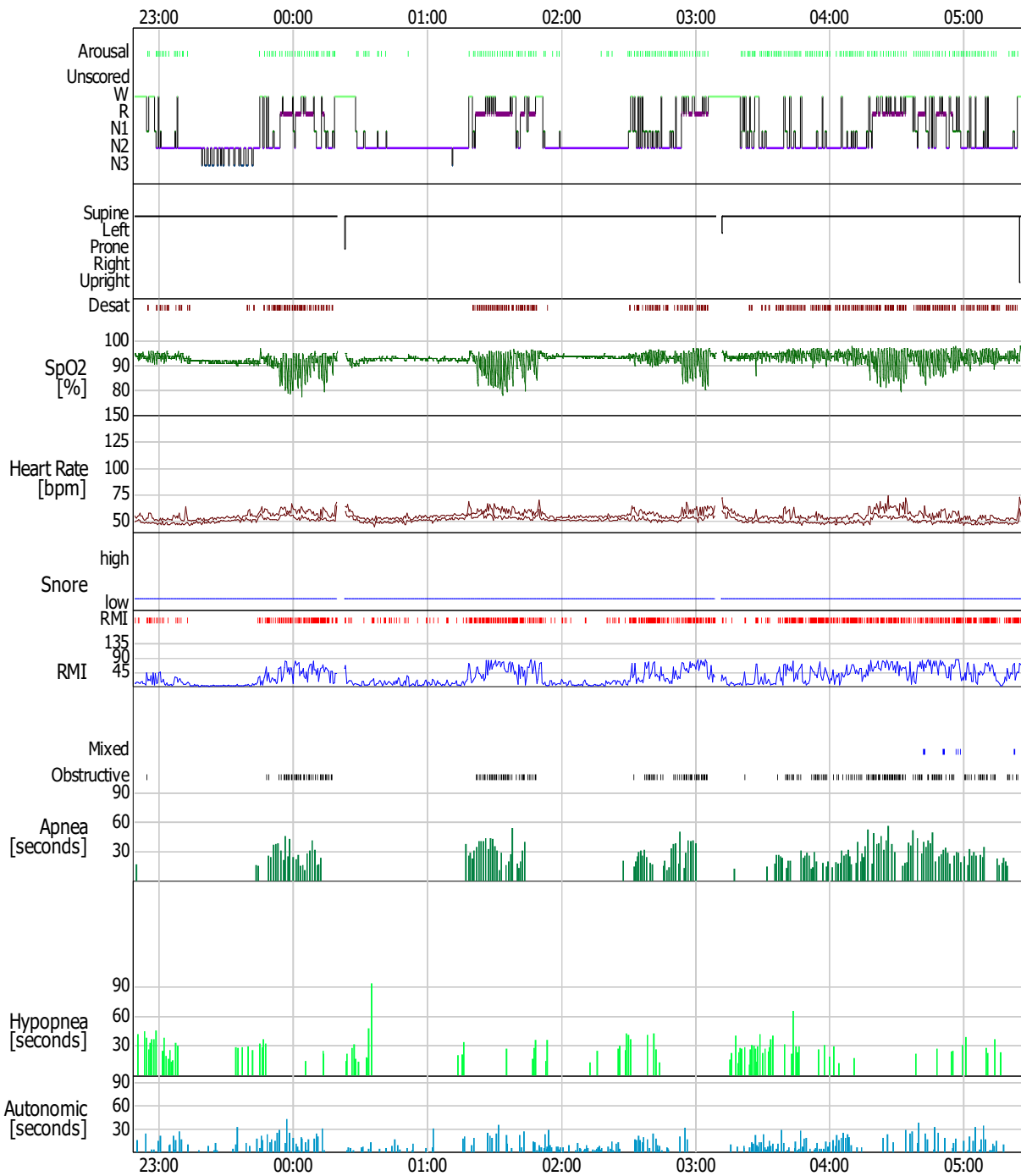
Date of Birth: 1963-01-27
Age: 62 year(s)
Gender: Male
Height: 1.74 m
Weight: 75.0 kg
BMI: 24.8

Sleep Summary

Total Recording Time:	398.0 minutes	Apnea + Hypopnea (A+H):	270	51.3 / h
Sleep Period:	391.5 minutes	Obstructive Apnea:	160	30.4 / h
Wake After Sleep Onset:	75.5 minutes	Central Apnea:	0	0.0 / h
Total Sleep Time:	316.0 minutes	Mixed Apnea:	6	1.1 / h
Sleep Onset:	6.5 minutes	Hypopnea (All)	104	19.7 / h
Sleep Efficiency:	79.4 %	Obstructive Hypopnea:	-	-
Number of Awakenings:	70	Central Hypopnea:	-	-
Sleep Latency to N1:	6.5 minutes	Mixed Hypopnea:	-	-
Sleep Latency to N2:	10.5 minutes	RDI:	51.6	
Sleep Latency to N3 (SWS):	31.0 minutes	Oxygen Desaturation Events (OD):	208	39.5 / h
Stage R Latency from Sleep Onset:	59.5 minutes	Snore Time:	0.0 minutes	0.0 %
		Limb Movement:	-	- / h
		PLMS:		- / h



Summary Graph





Sleep Information

	N1	N2	N3	R	Wake
Minutes:	33.0 min	216.0 min	10.0 min	57.0 min	82.0 min
% of TST	10.4 %	68.4 %	3.2 %	18.0 %	-
% of Sleep Period	8.4 %	55.2 %	2.6 %	14.6 %	19.3 %

Arousal Statistics

	Number	Index		Number	Index
Arousals	0	0.0	Spontaneous Arousals	8	1.5
Apnea Arousals	0	0.0	Hypopnea Arousals	41	7.8
LM Arousals	0	0.0	PLM Arousals	0	0.0
Desaturation Arousals	0	0.0	Snore Arousals	0	0.0
Respiratory Arousals	209	39.7	RERA	2	0.4
User Defined Arousals	0	0.0	Total Arousals	260	49.4

Autonomic Arousal (Plethysmogram) Statistics

	Number	Index
Autonomic Arousal	237	45.0
LM Autonomic Arousal	0	0.0
Respiratory Autonomic Arousal	0	0.0
Desaturation Arousal	0	0.0
Respiratory Desaturation Autonomic Arousal	0	0.0
Spontaneous Autonomic Arousal	0	0.0



Apnea/Hypopnea Statistics

Respiration	Number	%	Event per hour	Supine	Non-Supine	Mean [seconds]	Longest [seconds]
Apnea	166	61.0	31.5	166	0	27.9	56.3
Obstructive	160	58.8	30.4	160	0	27.7	56.3
Central	0	0.0	0.0	0	0	0.0	0.0
Mixed	6	2.2	1.1	6	0	34.5	51.9
Hypopnea (All)	104	38.2	19.7	104	0	28.4	94.1
Obstructive	-	-	-	-	-	-	-
Central	-	-	-	-	-	-	-
Mixed	-	-	-	-	-	-	-
RERA	2		0.4				
RDI				51.6	-		
Total	272		51.6	270	0	28.1	94.1

Respiration	Number in REM	REM Index	Number in NREM	NREM Index
Apnea	69	72.6	97	22.5
Obstructive	67	70.5	93	21.5
Central	0	0.0	0	0.0
Mixed	2	2.1	4	0.9
Hypopnea (All)	0	0.0	104	24.1
Obstructive	-	-	-	-
Central	-	-	-	-
Mixed	-	-	-	-
RDI		72.6		47.0
Total	69	72.6	201	46.6

Apnea-Desaturation Relation

Desaturation	Apnea	Obstructive	Central	Mixed	Hypopnea	Total
>90%	52	50	0	2	53	105
81-90%	99	95	0	4	11	110
71-80%	13	13	0	0	0	13
61-70%	0	0	0	0	0	0
51-60%	0	0	0	0	0	0
<50%	0	0	0	0	1	1
Total	164	158	0	6	65	229

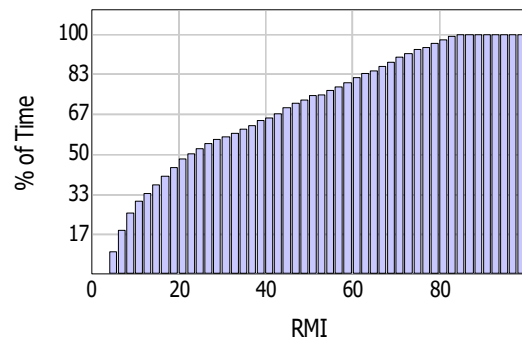
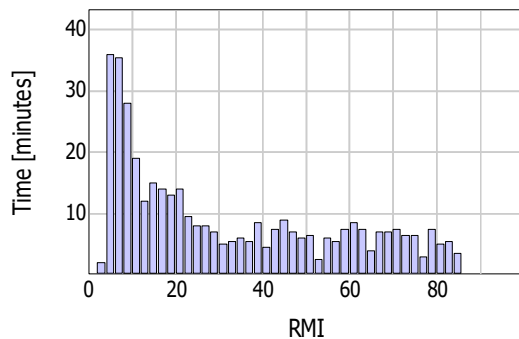


RMI Statistics

Total %RMI of Total Sleep Time: **42.2 %**

RMI	# of RMI Events	RMI Index	Duration [min]	% of Stage Duration
Wake	62	45.4	38.7	47.2
N1	19	34.5	16.8	50.9
N2	130	36.1	80.9	37.5
N3	0	0.0	0.0	-
R	58	61.1	35.5	62.2
Sleep	207	39.3	133.2	42.2
All Stages	269	40.6	171.9	43.2

RMI	# of RMI Events	RMI Index	Duration [min]	% of pos. duration
Supine	267	40.9	170.5	43.5
Prone	0	0.0	0.0	-
Left	0	0.0	0.0	-
Right	0	-	0.0	-
Upright	0	0.0	0.0	-
Non-Supine	0	0.0	0.0	-
All positions	269	40.6	171.9	43.2



SpO2 Statistics

Mean Oxygen Saturation:	93.0 %	Saturation < 90%:	24.3 minutes	7.7 %
Lowest Oxygen Saturation:	77.0 %	Saturation < 80%:	0.7 minutes	0.2 %
Average Desaturation:	7.1 %	Saturation < 70%:	-	- %

Average Oxygen Saturation during wake:	93.0 %
Average Oxygen Saturation during REM:	93.0 %
Average Oxygen Saturation during NREM:	93.0 %



Desaturation Statistics

Position	Number	OD/h	Average OD Fall [%]	Average OD [%]
Total	208	39.5	7.1	88.3
Supine	208	39.5	7.1	88.3
Non-Supine	0	-	-	-

Desaturation Fall	Number	Cumulative Number	OD/h	Cumulative OD/h
Total	208	208	39.5	39.5
<5%	76	208	14.4	39.5
5%-9%	71	132	13.5	25.1
10%-20%	61	61	11.6	11.6
>20%	0	0	0.0	0.0

Desaturation Low Point	<90%	<85%	<80%	<70%	<60%
Number	86	47	8	0	0
OD/h	16.3	8.9	1.5	0.0	0.0

Heart Rate Statistics

	Mean [bpm]	(±STD) [bpm]	Min [bpm]	Max [bpm]
Total	57.6	11.7	26.1	136.6
Supine	57.6	11.7	26.1	136.6
Non-Supine	-	-	-	-
REM	59.0	10.7	29.3	118.9
NREM	56.8	12.1	26.1	128.8

Position Statistics

Position	Index time [minutes]	Relative [%]	Transitions	A+H/h
Supine	316.0	100.0		51.3
Left	0.0	0.0		-
Prone	0.0	0.0		-
Right	0.0	0.0		-
Upright	0.0	0.0		-
Unknown	0.0	0.0		-
Total	316.0	100.0	10 (1.9/h)	