

Polysomnography Report

Unknown Institution

Total Recording Time: 6 hours 22 minutes (382 minutes)

Lights Off Clock Time: 2025-06-20 23:00

Lights On Clock Time: 2025-06-21 5:22

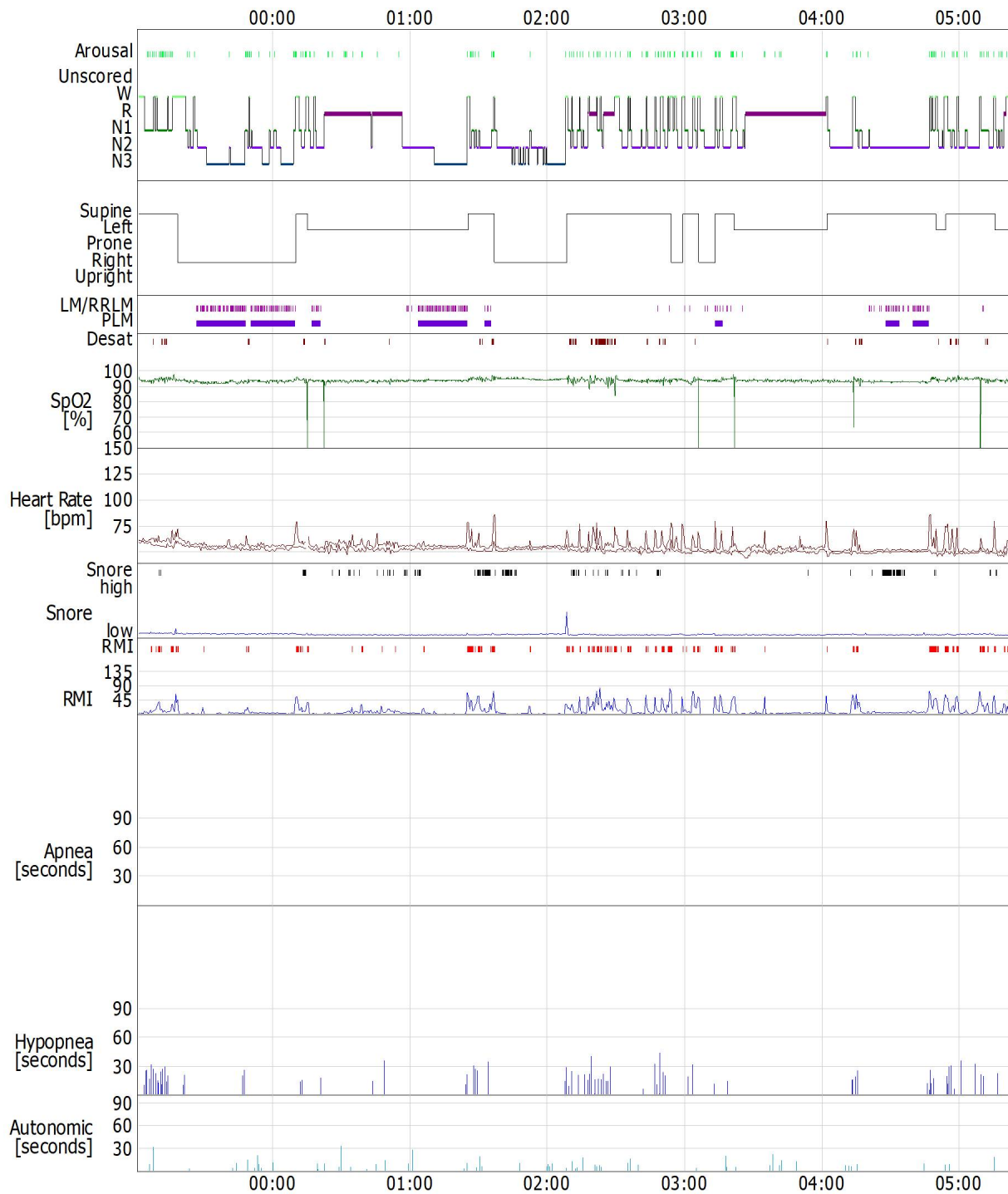
Patient Information

Name:	PE250467, 1®ÄÏËË	Date of Birth:	1973-03-07
ID:	55282757	Age:	52 year(s)
Address:		Gender:	Male
City:		Height:	1.71 m
Zip Code:		Weight:	82.0 kg
E-Mail:		BMI:	28.0
Phone:			

Sleep Summary

Total Recording Time:	382.0 minutes	Apnea + Hypopnea (A+H):	78	13.8 / h
Sleep Period:	378.5 minutes	Obstructive Apnea:	0	0.0 / h
Wake After Sleep Onset:	40.0 minutes	Central Apnea:	0	0.0 / h
Total Sleep Time:	338.5 minutes	Mixed Apnea:	0	0.0 / h
Sleep Onset:	3.5 minutes	Hypopnea (All)	78	13.8 / h
Sleep Efficiency:	88.6 %	Obstructive Hypopnea:	-	-
Number of Awakenings:	41	Central Hypopnea:	-	-
Sleep Latency to N1:	3.5 minutes	Mixed Hypopnea:	-	-
Sleep Latency to N2:	22.5 minutes	RDI:	17.2	
Sleep Latency to N3 (SWS):	30.5 minutes	Oxygen Desaturation Events (OD):	38	6.7 / h
Stage R Latency from Sleep Onset:	78.5 minutes	Snore Time:	31.3 minutes	9.3 %
		Limb Movement:	193	34.2 / h
		PLMS:	169	30.0 / h

Summary Graph



Sleep Information

	N1	N2	N3	R	Wake
Minutes:	58.5 min	149.0 min	52.5 min	78.5 min	43.5 min
% of TST	17.3 %	44.0 %	15.5 %	23.2 %	-
% of Sleep Period	15.5 %	39.4 %	13.9 %	20.7 %	10.6 %

Arousal Statistics

	Number	Index		Number	Index
Arousals	0	0.0	Spontaneous Arousals	48	8.5
Apnea Arousals	0	0.0	Hypopnea Arousals	38	6.7
LM Arousals	2	0.4	PLM Arousals	6	1.1
Desaturation Arousals	0	0.0	Snore Arousals	1	0.2
Respiratory Arousals	22	3.9	RERA	19	3.4
User Defined Arousals	0	0.0	Total Arousals	136	24.1

Apnea/Hypopnea Statistics

Respiration	Number	%	A or H/h	Supine	Non-Supine	Mean [seconds]	Longest [seconds]
Apnea	0	0.0	0.0	0	0	0.0	0.0
Obstructive	0	0.0	0.0	0	0	0.0	0.0
Central	0	0.0	0.0	0	0	0.0	0.0
Mixed	0	0.0	0.0	0	0	0.0	0.0
Hypopnea (All)	78	100.0	13.8	69	9	20.3	43.7
Obstructive	-	-	-	-	-	-	-
Central	-	-	-	-	-	-	-
Mixed	-	-	-	-	-	-	-
RDI				35.5	5.0		
Total	78		13.8	69	9	20.3	43.7

Respiration	Number in REM	REM Index	Number in NREM	NREM Index
Apnea	0	0.0	0	0.0
Obstructive	0	0.0	0	0.0
Central	0	0.0	0	0.0
Mixed	0	0.0	0	0.0
Hypopnea (All)	12	9.2	66	15.2
Obstructive	-	-	-	-
Central	-	-	-	-
Mixed	-	-	-	-
RDI		9.2		19.6
Total	12	9.2	66	15.2

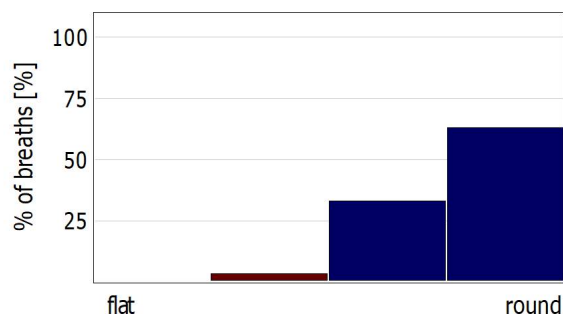
Apnea-Desaturation Relation

Desaturation	Apnea	Obstructive	Central	Mixed	Hypopnea	Total
>90%	0	0	0	0	35	35
81-90%	0	0	0	0	8	8
71-80%	0	0	0	0	0	0
61-70%	0	0	0	0	0	0
51-60%	0	0	0	0	0	0
<50%	0	0	0	0	0	0
Total	0	0	0	0	43	43

Snoring Statistics

Snoring Time:	31.3	minutes
Relative Snoring Time:	9.3	%
Number of Snoring Episodes:	60	
Average Snoring Episode Duration:	0.5	minutes
Longest Snoring Episode:	4.3	minutes

Flattening Statistics



Number of breaths detected 364
Breaths below threshold 13 3.6%

SpO2 Statistics

Mean Oxygen Saturation:	93.8 %	Saturation < 90%:	0.2 minutes	0.1 %
Lowest Oxygen Saturation:	88.0 %	Saturation < 80%:	-	- %
Average Desaturation:	3.8 %	Saturation < 70%:	-	- %

Average Oxygen Saturation during wake:	94.1 %
Average Oxygen Saturation during REM:	93.5 %
Average Oxygen Saturation during NREM:	93.8 %

Desaturation Statistics

Position	Number	OD/h	Average OD Fall [%]	Average OD [%]
Total	38	6.7	3.8	91.9
Supine	34	15.1	3.8	91.9
Non-Supine	4	1.2	3.3	91.3

Desaturation Fall	Number	Cumulative Number	OD/h	Cumulative OD/h
Total	38	38	6.7	6.7
<5%	31	38	5.5	6.7
5%-9%	6	7	1.1	1.2
10%-20%	1	1	0.2	0.2
>20%	0	0	0.0	0.0

Desaturation Low Point	<90%	<85%	<80%	<70%	<60%
Number	2	1	0	0	0
OD/h	0.4	0.2	0.0	0.0	0.0

Heart Rate Statistics

	Mean [bpm]	(\pm STD) [bpm]	Min [bpm]	Max [bpm]
Total	54.1	5.6	26.4	145.4
Supine	54.1	6.3	26.9	143.7
Non-Supine	54.1	5.0	26.4	145.4
REM	54.0	3.8	33.1	117.6
NREM	53.3	4.4	26.4	142.1

Cardiac Events

Heart Rate

Average Heart Rate during Sleep:	53.44	bpm
Highest Heart Rate during Sleep:	142.12	bpm
Highest Heart Rate during Recording:	145.42	bpm
Lowest Heart Rate during Sleep:	26.43	bpm
Lowest Heart Rate during Recording:	26.43	bpm

Arrhythmias

Asystole:	0	Longest Pause	sec
Sinus Tachycardia:	0	Highest Heart Rate	bpm
Narrow Complex Tachycardia:	0	Highest Heart Rate	bpm
Wide Complex Tachycardia:	0	Highest Heart Rate	bpm
Bradycardia:	0	Lowest Heart Rate:	bpm
Atrial Fibrillation:	0		
Other Arrhythmia:	0		

PLM Statistics

All EMG.Tibialis	Number	Index	During PLM	
			Number	Index
LM/RRLM	193	34.2	169	30.0
LM with Arousals	0	0.0	0	0.0
RRLM	0	0.0	0	0.0
LM with no association	193	34.2	169	30.0
LM/RRLM during N1	15	15.4	10	10.3
LM/RRLM during N2	95	38.3	76	30.6
LM/RRLM during N3	83	94.9	83	94.9
LM/RRLM during R	0	0.0	0	0.0

	Total Number	Index	Mean Duration [seconds]	Minimum Duration [seconds]	Maximum Duration [seconds]
LM/RRLM	193	34.2	1.6	0.5	5.8
LM/RRLM in PLM	169	30.0	1.5	0.5	4.6
PLM-sequences	8	1.4	641.9	166.5	1290.7

Position Statistics

Position	Index time [minutes]	Relative [%]	Transitions	A+H/h
Supine	135.1	39.9		30.7
Left	116.0	34.3		2.6
Prone	0.0	0.0		-
Right	87.4	25.8		2.7
Upright	0.0	0.0		-
Unknown	0.0	0.0		-
Total	338.5	100.0	15 (2.7/h)	

Respiratory Data Integrity

Flow: 100.0 % Percentage of time with no artifacts. Low values, less than
 SpO2: 100.0 % 90%, normally indicate bad or low signal quality.
 Pulse: 99.9 %

Scoring Information

Scorer Name: ±eÄÄË
 Scoring Palette: Sleep Scoring
 Comments:

Scoring Date: 2025-06-21 05:43:26

Recording Information

Trace: A1 (Signal: EEG-A1)
Trace: C3-A2 (Signal: EEG-C3-A2)
Trace: C4-A1 (Signal: EEG-C4-A1)
Trace: F3-A2 (Signal: EEG-F3-A2)
Trace: F4-A1 (Signal: EEG-F4-A1)
Trace: O1-A2 (Signal: EEG-O1-A2)
Trace: O2-A1 (Signal: EEG-O2-A1)
Trace: Chin (Signal: EMG.Submental-Chin)
Trace: LEG-L (Signal: EMG.Tibialis-Leg.Left)
Trace: LEG-R (Signal: EMG.Tibialis-Leg.Right)
Trace: RE (Signal: EOG-E2)
Trace: IO (Signal: EOG-IO)
Trace: SO (Signal: EOG-SO)
Trace: Position_DR (Signal: Pos.Angle-Gravity)
Trace: Pulse (Signal: Pulse.Averaged-Probe)
Trace: Plethysmogram (Signal: Pulse.Pleth-Probe.RD)
Trace: Flow_DR (Signal: Resp.Flow-Cannula.Nasal)
Trace: Thermistor (Signal: Resp.FlowTemp-Thermistor.NasalOral)
Trace: Thorax (Signal: Resp.Movement-Inductive.Thorax)
Trace: Phase_DR (Signal: Resp.Phase-Inductive)
Trace: RMI_DR (Signal: Resp.RMI-Inductive)
Trace: Snore_DR (Signal: Resp.Snore-Cannula.Nasal)
Trace: SpO2 (Signal: SpO2.Averaged-Probe)
Trace: SpO2-Quality_DR (Signal: SpO2.Averaged-Quality)

Automatic detection of events:

Events were not detected during movement period or 10.0 seconds after a movement period or during wake if present.

Following event(s) were not used in the report because they occurred in the period described above:
7 Desaturations,

Index Time = Analyzed Time - (Movement Time(+ interval of no events) + Wake Time).

The Index Time is derived from the total Analyzed Time minus the total Movement (and interval of no events) and Wake (if present) Time values.

Valid pulse interval is from 25.0 bpm to 150.0 bpm but not during artifacts. Values excluded from pulse spanned 0.0 minutes.

Valid SpO2 interval is from 50.0 % to 100.0 % but not during artifacts. Values excluded from SpO2 spanned 0.2 minutes.

Sleep Efficiency is calculated from Total Sleep Time/Total Recording Time.

Sleep onset is calculated as the duration from analysis start (Lights off) to the first epoch of Sleep.

Latency to stage N1 is calculated from analysis start (lights off) until 30.0 seconds of consecutive N1 sleep.

Latency to stage N2 is calculated from analysis start (lights off) until 30.0 seconds of consecutive N2 sleep.

Latency to stage N3 is calculated from analysis start (lights off) until 30.0 seconds of consecutive N3 sleep.

Latency to Stage R is calculated from sleep onset until 30.0 seconds of continuous R sleep.

Event Removal:

Following events removed due to movement or artifact: 1 LM(s) and 0 PLM(s).