Individual Sleep Analysis Report

Subject ID: 10 | Sleep Difficulty Study

Analysis Date: August 16, 2025 | Nights Analyzed: 2 | Report Generated by: Sleep-EDF Analysis System
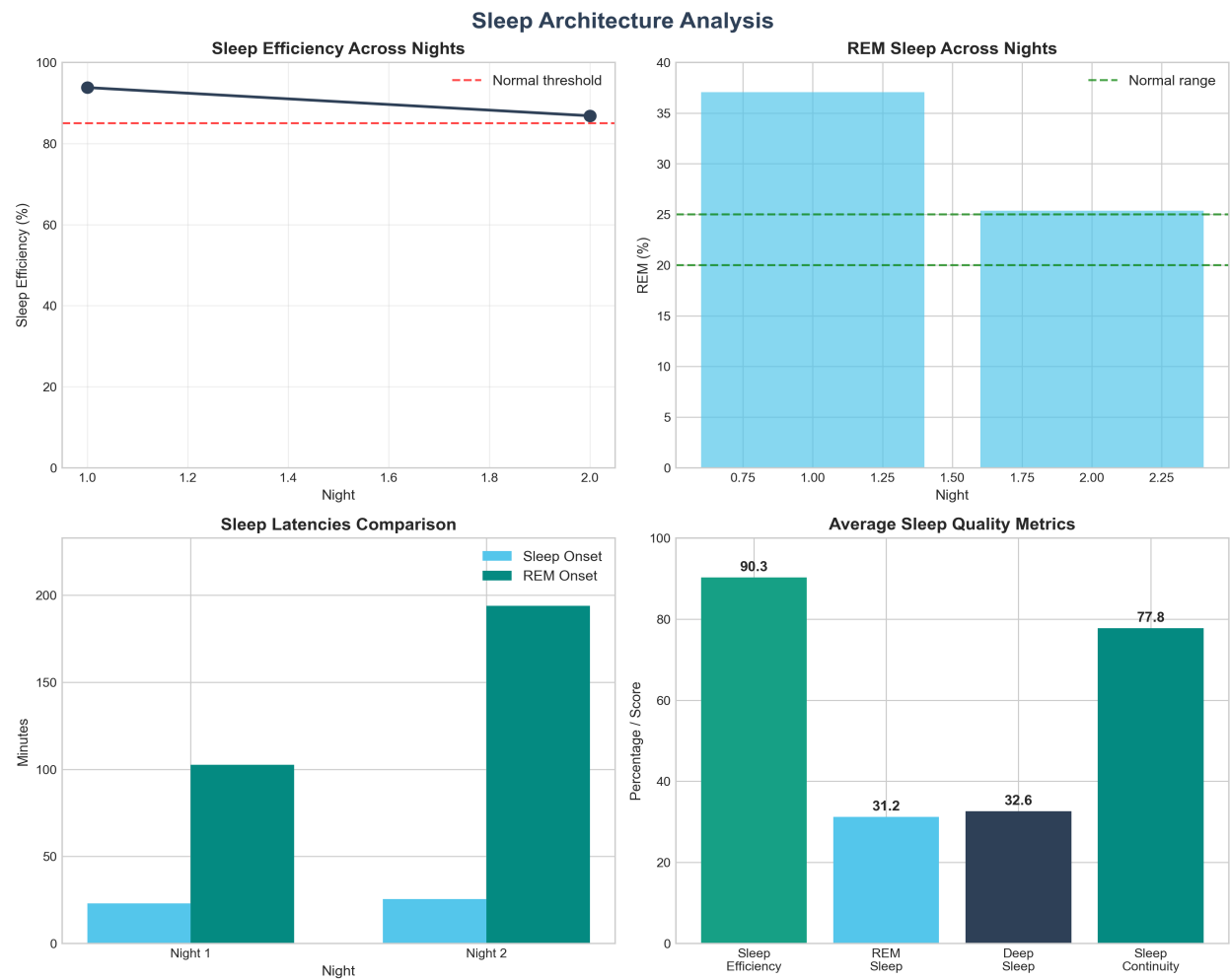
Subject Information

Subject ID	10
Age	20 years
Sex	F
Study Type	Sleep Difficulty
Number of Nights	2
Recording Dates	Multiple nights
Study Conditions	temazepam, placebo

Executive Summary

This report presents a comprehensive analysis of 2 night polysomnographic recordings for Subject 10, a 20-year-old F participant from the Sleep Telemetry (sleep difficulty) study under temazepam and placebo conditions.

Metric	Value	Clinical Interpretation
Sleep Efficiency	90.3%	Normal (≥85%)
Sleep Latency	24.2 min	Normal (≤30min)
REM Latency	148.2 min	Atypical
REM Sleep	31.2%	Atypical
Wake After Sleep Onset	22.2 min	Normal (≤30min)

Sleep Architecture Analysis

Sleep Architecture Analysis

Sleep Efficiency Across Nights

REM Sleep Across Nights

Sleep Latencies Comparison

Average Sleep Quality Metrics

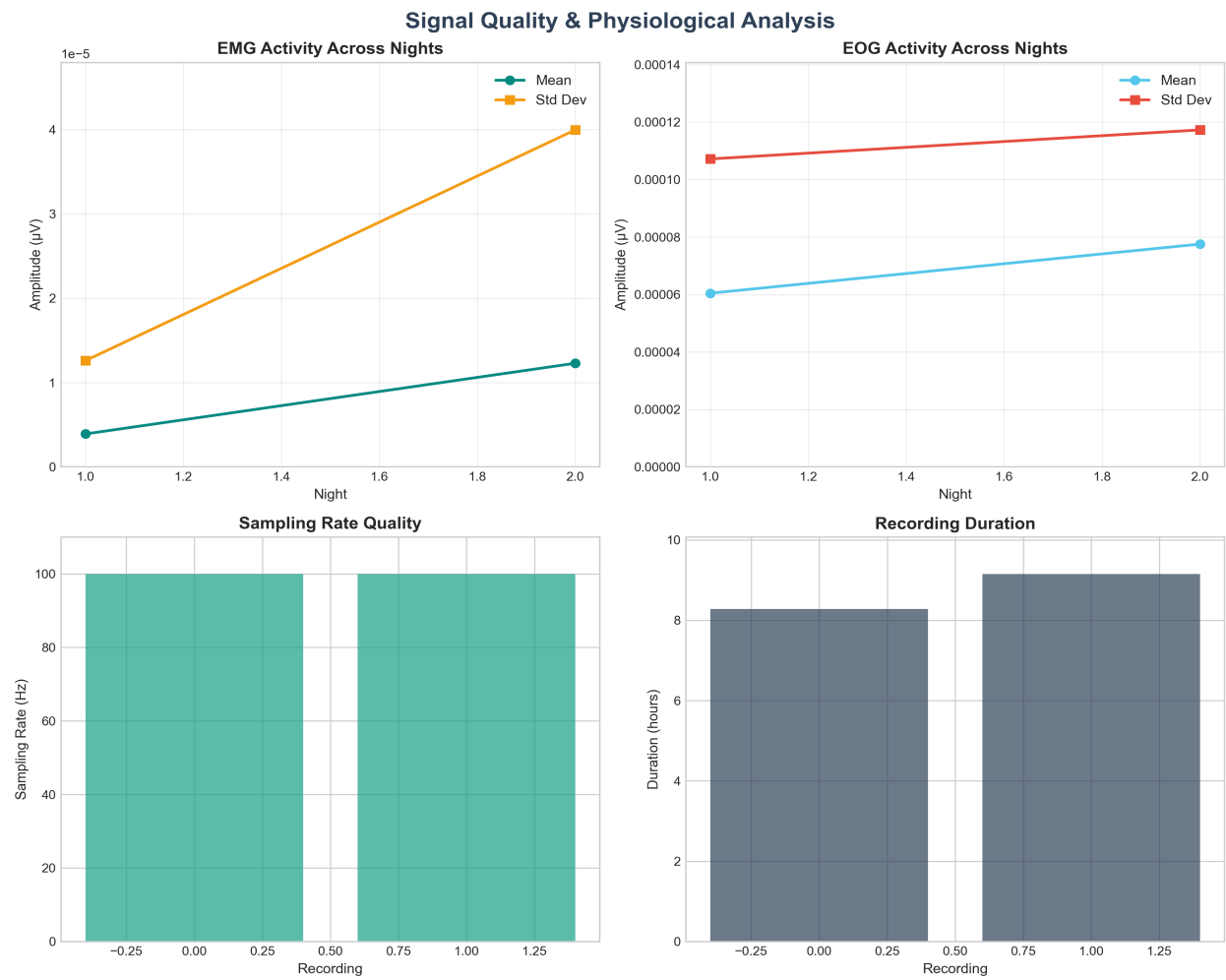# Neurophysiological Analysis - EEG Power Spectrum

EEG Power Spectral Analysis

Signal Quality & Physiological Assessment

Signal Quality & Physiological Analysis

EMG Activity Across Nights

EOG Activity Across Nights

Sampling Rate Quality

Recording Duration

Population Comparative Analysis

Comparative Population Analysis

Sleep Efficiency (%)

★ Subject

REM Sleep (%)

Sleep Latency (min)

WASO (min)

Sleep Difficulty · Healthy Controls
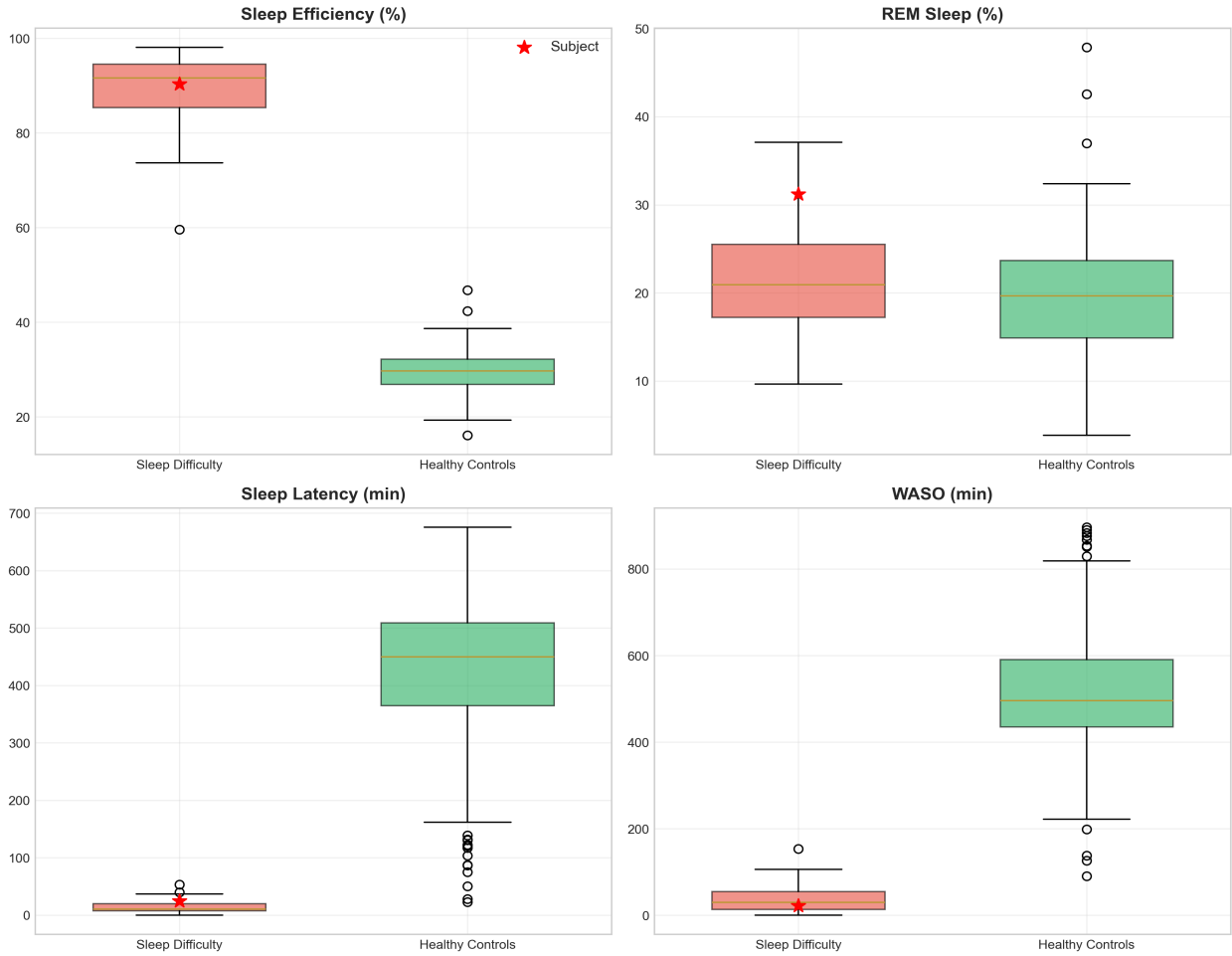
Clinical Interpretation & Recommendations

Overall Sleep Health Assessment

Sleep Quality Level: GOOD

Excellent to Good sleep quality with most metrics within normal ranges. The subject's sleep architecture shows:

• Sleep Efficiency: 90.3% (Normal)
• REM Sleep: 31.2% (Atypical)
• Deep Sleep: 32.6% (Adequate)
• Sleep Continuity: Good (WASO: 22.2 min)

Key Findings

• **Good Sleep Efficiency**: At 90.3%, sleep efficiency is within normal range, indicating good sleep quality.
• **Elevated REM Sleep**: REM sleep comprises 31.2% of total sleep, which is above the typical range of 20-25%.
• **Adequate Deep Sleep**: Deep sleep stages comprise 32.6% of sleep, indicating good restorative sleep.
• **Medication Effect**: Temazepam improved sleep efficiency by 7.0% compared to placebo night.

Recommendations

• Continue current sleep practices as sleep quality metrics are within normal ranges
• Maintain good sleep hygiene for continued sleep health

Report Analysis and Generation:
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