

Individual Sleep Analysis Report

Subject ID: 4 | Sleep Difficulty Study

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

Subject Information

Subject ID	4
Age	18 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 4, a 18-year-old F participant from the Sleep Telemetry (sleep difficulty) study under temazepam and placebo conditions.

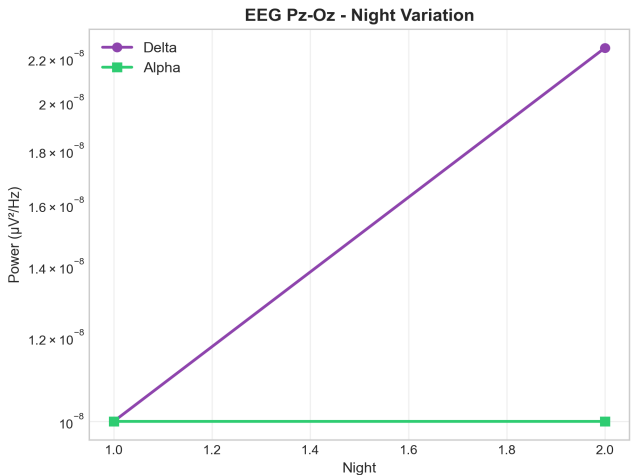
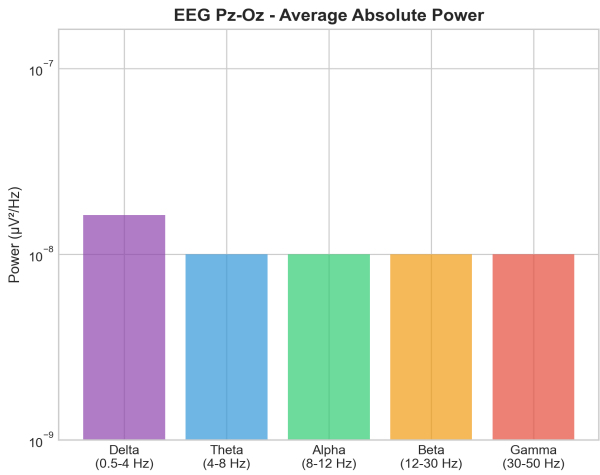
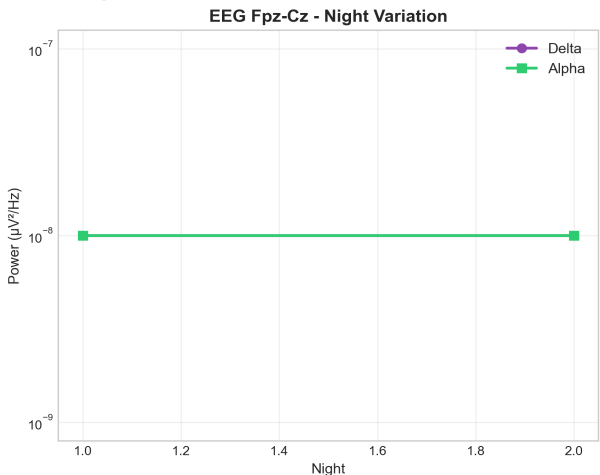
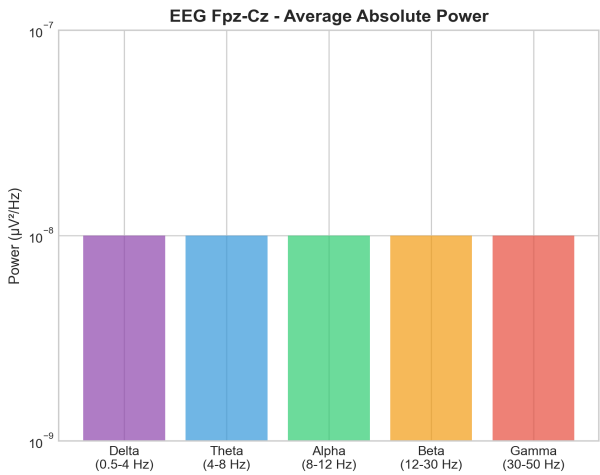
Metric	Value	Clinical Interpretation
Sleep Efficiency	92.3%	Normal ($\geq 85\%$)
Sleep Latency	0.0 min	Normal (≤ 30 min)
REM Latency	125.0 min	Atypical
REM Sleep	22.0%	Normal (20-25%)
Wake After Sleep Onset	41.2 min	Elevated (> 30 min)

Sleep Architecture Analysis

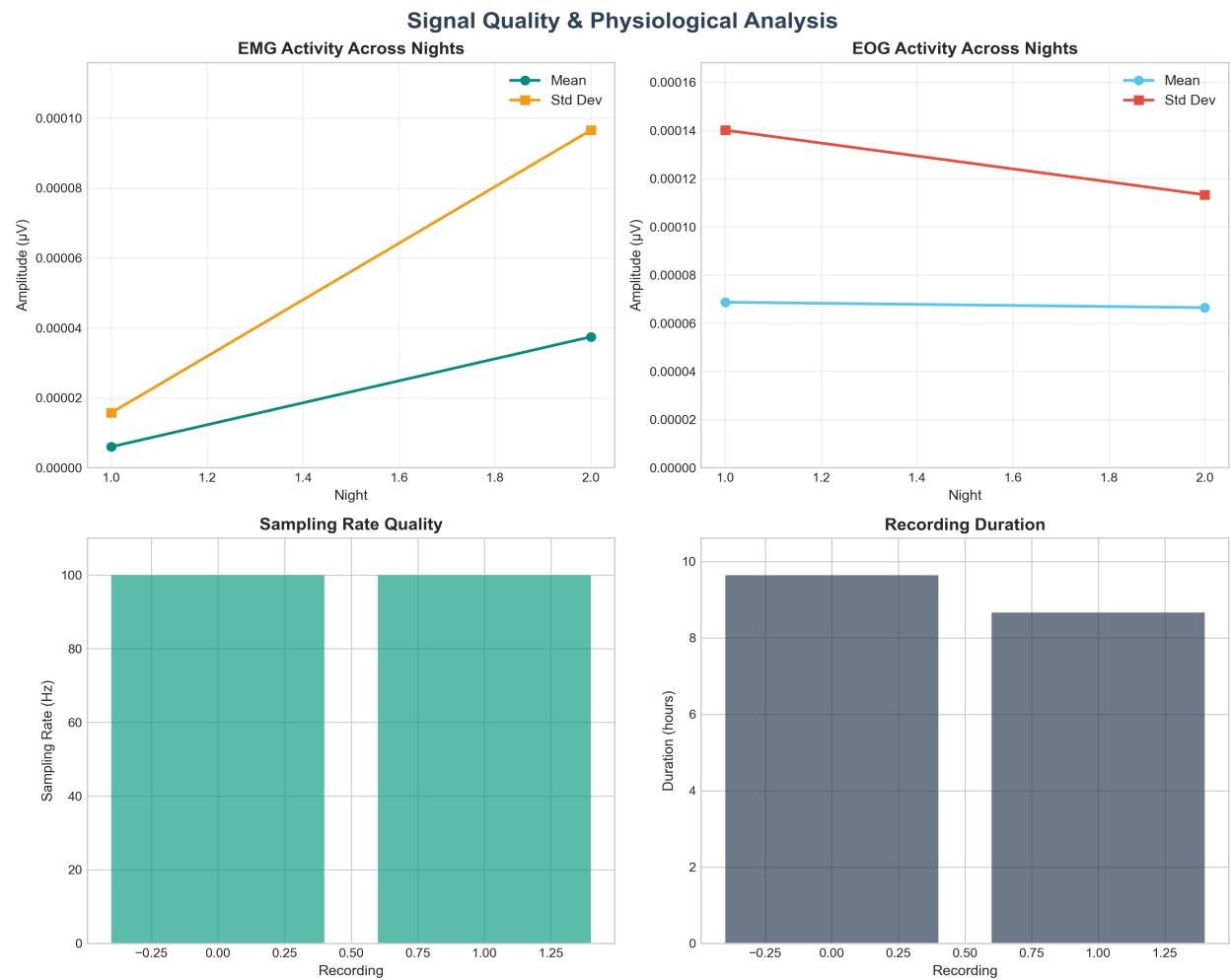


Neurophysiological Analysis - EEG Power Spectrum

EEG Power Spectral Analysis

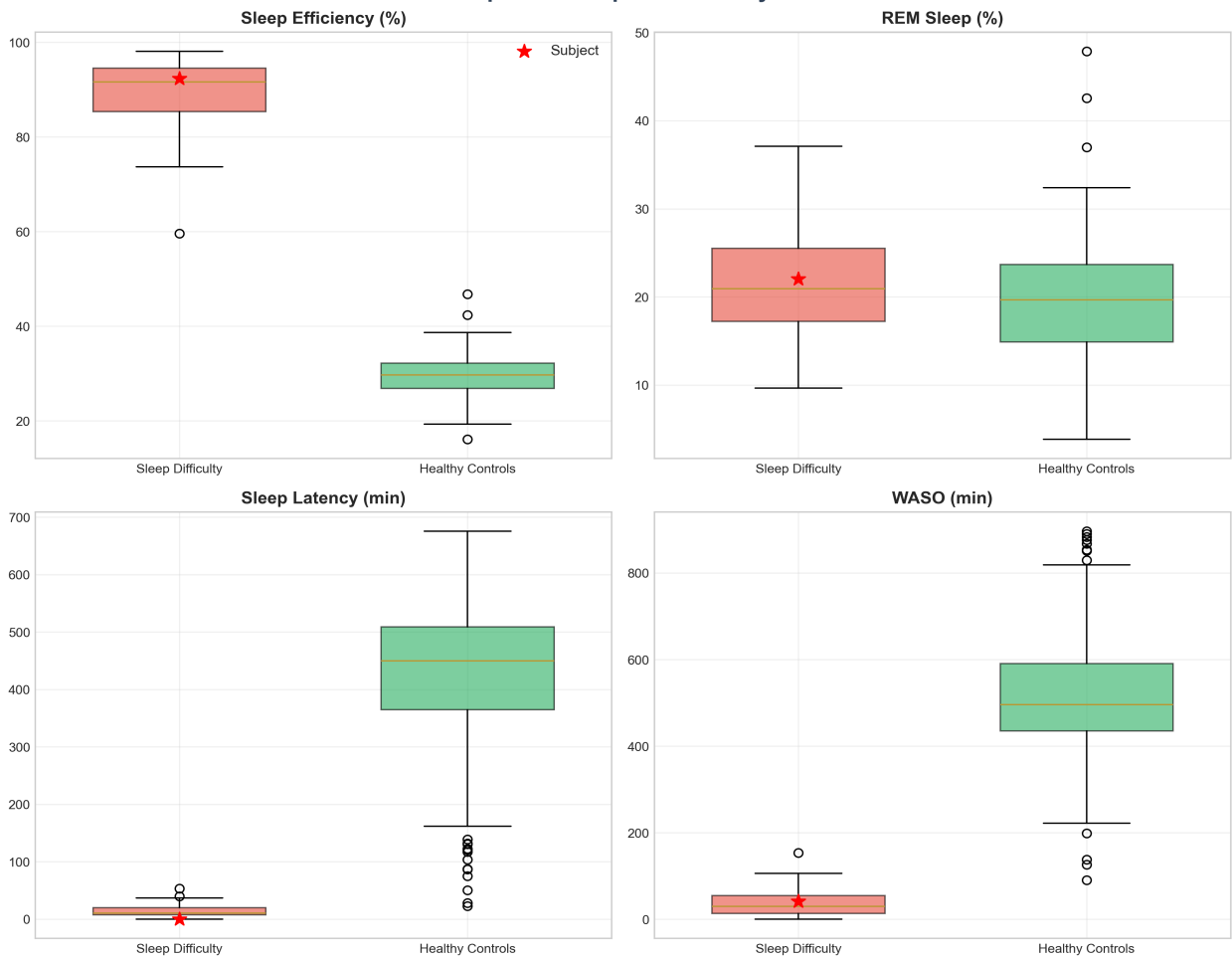


Signal Quality & Physiological Assessment



Population Comparative Analysis

Comparative Population Analysis



Clinical Interpretation & Recommendations

Overall Sleep Health Assessment

Sleep Quality Level: **FAIR**

Fair sleep quality with some metrics outside normal ranges. The subject's sleep architecture shows:

- Sleep Efficiency: 92.3% (Normal)
- REM Sleep: 22.0% (Normal)
- Deep Sleep: 12.9% (Reduced)
- Sleep Continuity: Fragmented (WASO: 41.2 min)

Key Findings

- **Good Sleep Efficiency:** At 92.3%, sleep efficiency is within normal range, indicating good sleep quality.
- **Normal REM Sleep:** REM sleep comprises 22.0% of total sleep, which is within the normal range.
- **Reduced Deep Sleep:** Deep sleep stages (N3+N4) comprise 12.9% of sleep, which may indicate reduced sleep restoration.

Recommendations

- Assess sleep environment and factors that may be disrupting deep sleep stages
- Investigation of factors causing sleep fragmentation may be beneficial

Report Analysis and Generation:

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