

Individual Sleep Analysis Report

Subject ID: 2 | Sleep Difficulty Study

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

Subject Information

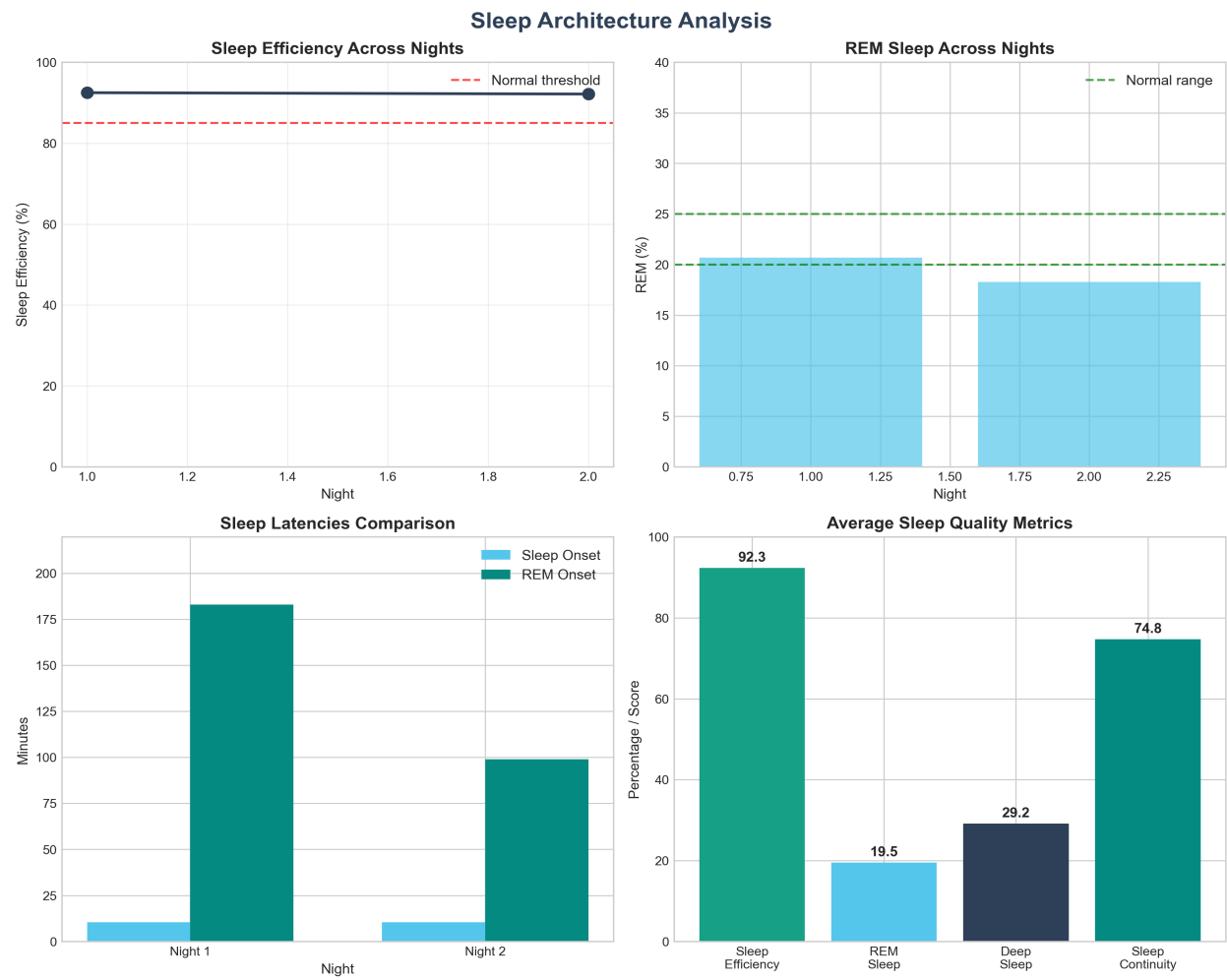
Subject ID	2
Age	35 years
Sex	F
Study Type	Sleep Difficulty
Number of Nights	2
Recording Dates	Multiple nights
Study Conditions	temazepam, placebo

Executive Summary

This report presents a comprehensive analysis of 2 night polysomnographic recordings for Subject 2, a 35-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	10.5 min	Normal (≤ 30 min)
REM Latency	141.0 min	Atypical
REM Sleep	19.5%	Atypical
Wake After Sleep Onset	25.2 min	Normal (≤ 30 min)

Sleep Architecture Analysis

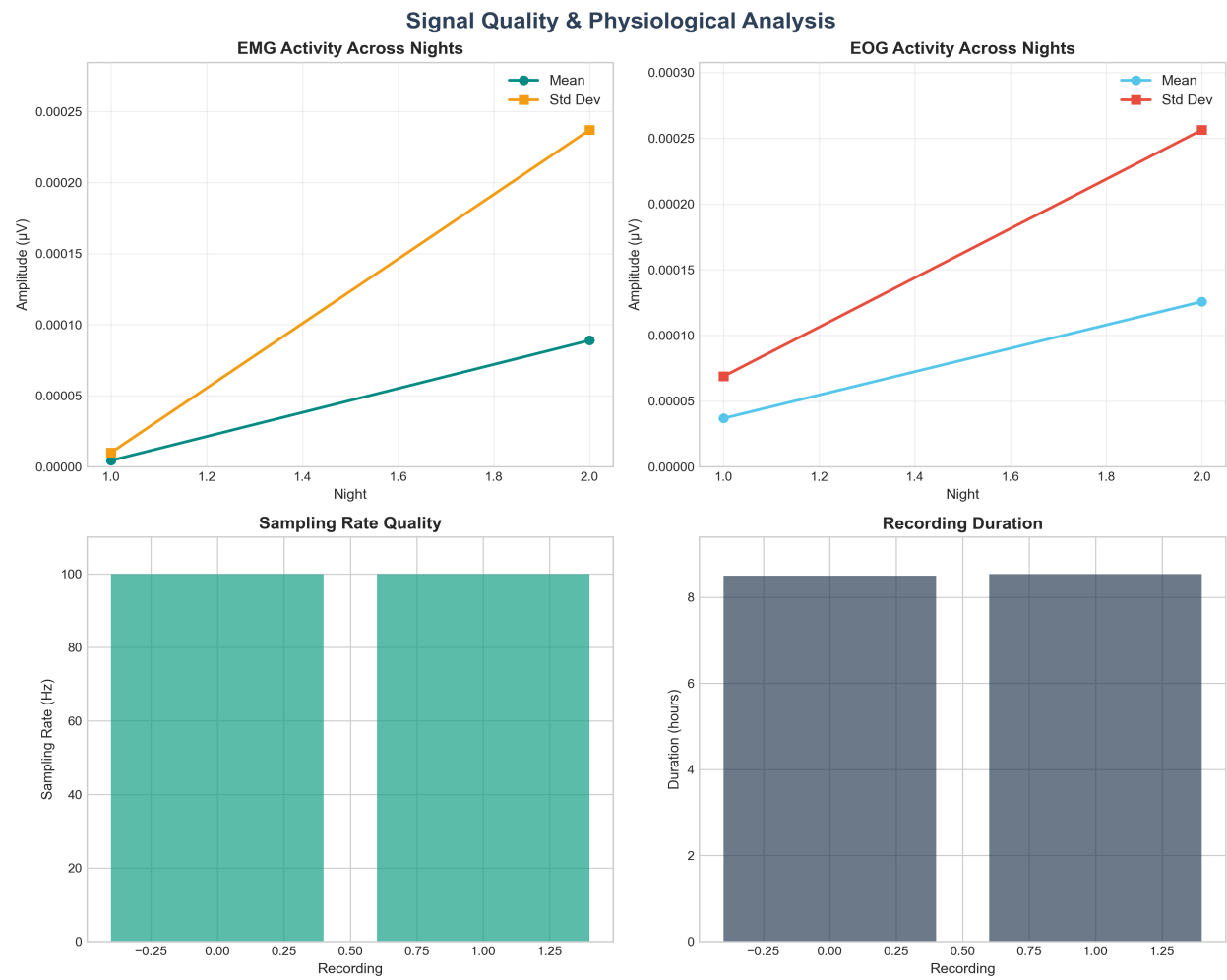


Neurophysiological Analysis - EEG Power Spectrum

EEG Power Spectral Analysis

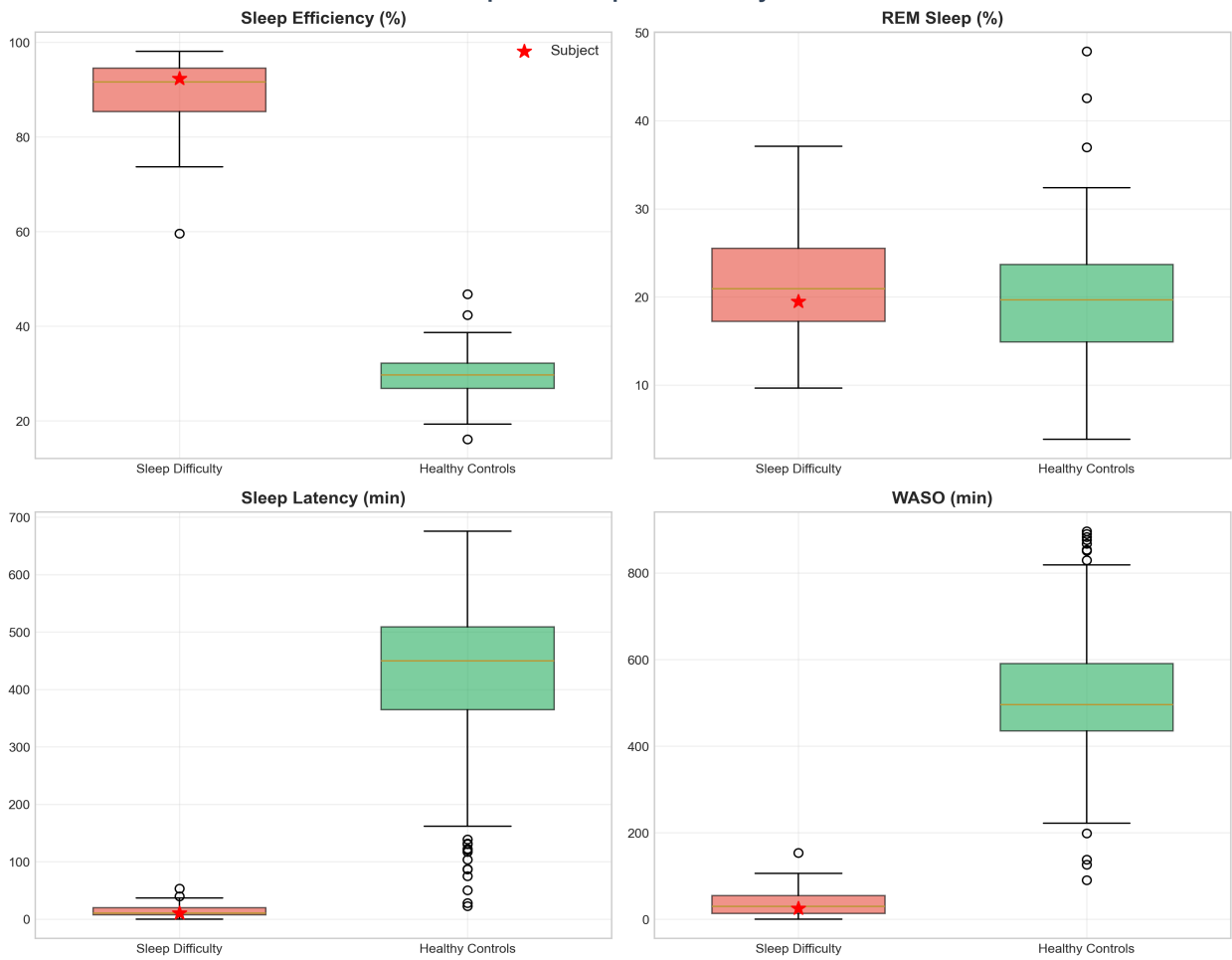


Signal Quality & Physiological Assessment



Population Comparative Analysis

Comparative Population Analysis



Clinical Interpretation & Recommendations

Overall Sleep Health Assessment

Sleep Quality Level: **GOOD**

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

- Sleep Efficiency: 92.3% (Normal)
- REM Sleep: 19.5% (Atypical)
- Deep Sleep: 29.2% (Adequate)
- Sleep Continuity: Good (WASO: 25.2 min)

Key Findings

- **Good Sleep Efficiency:** At 92.3%, sleep efficiency is within normal range, indicating good sleep quality.
- **Reduced REM Sleep:** REM sleep comprises 19.5% of total sleep, which is below the normal range of 20-25%.
- **Adequate Deep Sleep:** Deep sleep stages comprise 29.2% of sleep, indicating good restorative sleep.

Recommendations

- Evaluate for potential REM sleep disorders or medications affecting REM sleep

Report Analysis and Generation:

Report Analysed and created by the following students of IIIT Allahabad,
Part of Big Data Analytics Course:

- Aditya Singh Mertia (IIT2022125) - [iit2022125@iiita.ac.in]
- Rishabh Kumar (IIT2022131) - [iit2022131@iiita.ac.in]
- Karan Singh (IIT2022132) - [iit2022132@iiita.ac.in]
- Tejas Sharma (IIT2022161) - [iit2022161@iiita.ac.in]

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