Individual Sleep Analysis Report

Subject ID: 14 | Sleep Difficulty Study

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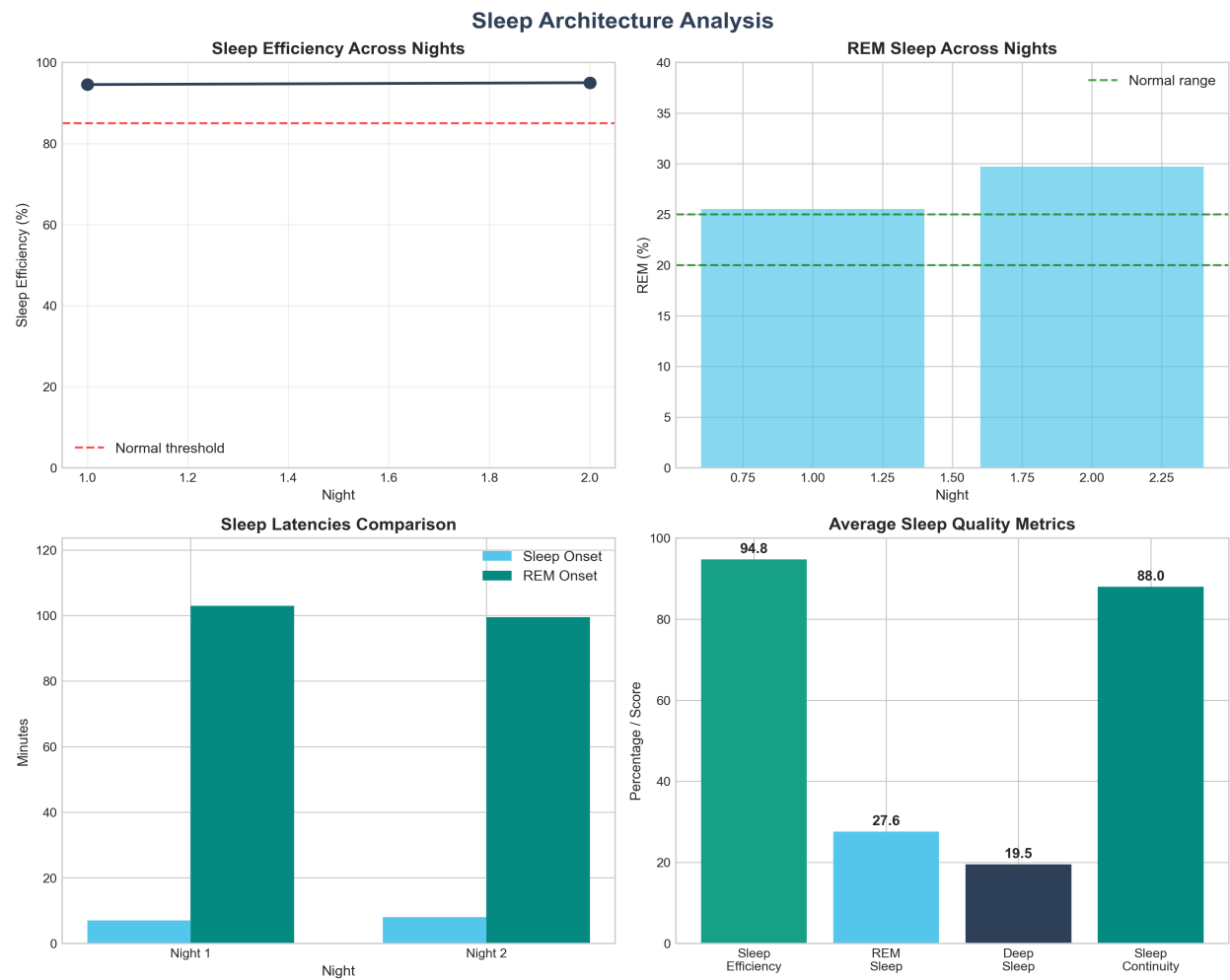
Subject Information

Subject ID	14
Age	20 years
Sex	M
Study Type	Sleep Difficulty
Number of Nights	2
Recording Dates	Multiple nights
Study Conditions	placebo, temazepam

Executive Summary

This report presents a comprehensive analysis of 2 night polysomnographic recordings for Subject 14, a 20-year-old M participant from the Sleep Telemetry (sleep difficulty) study under placebo and temazepam conditions.
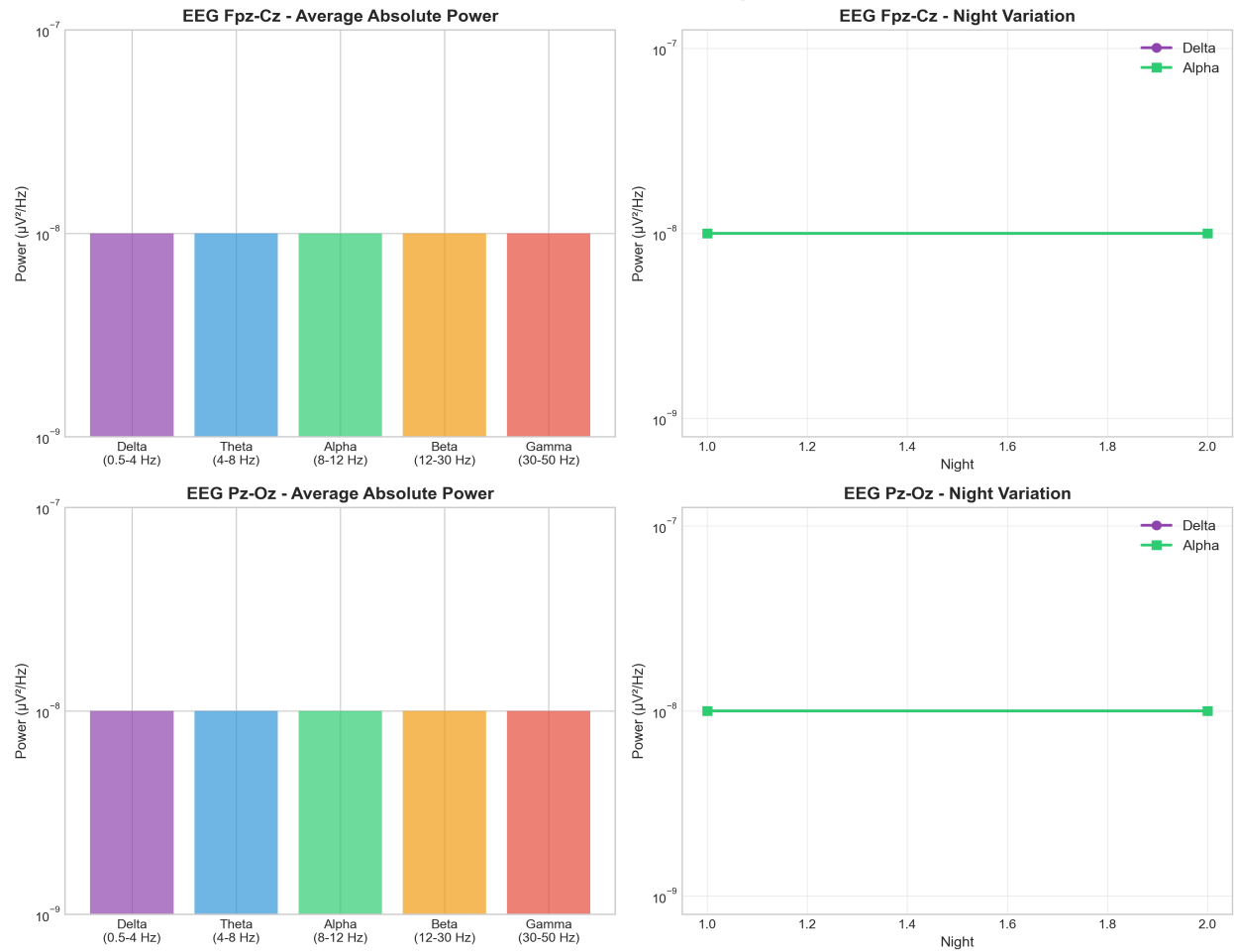
Metric	Value	Clinical Interpretation
Sleep Efficiency	94.8%	Normal (≥85%)
Sleep Latency	7.5 min	Normal (≤30min)
REM Latency	101.2 min	Normal (60-120min)
REM Sleep	27.6%	Atypical
Wake After Sleep Onset	12.0 min	Normal (≤30min)

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

EEG Fpz-Cz - Average Absolute Power

EEG Fpz-Cz - Night Variation

EEG Pz-Oz - Average Absolute Power

EEG Pz-Oz - Night Variation

Signal Quality & Physiological Assessment

Signal Quality & Physiological Analysis
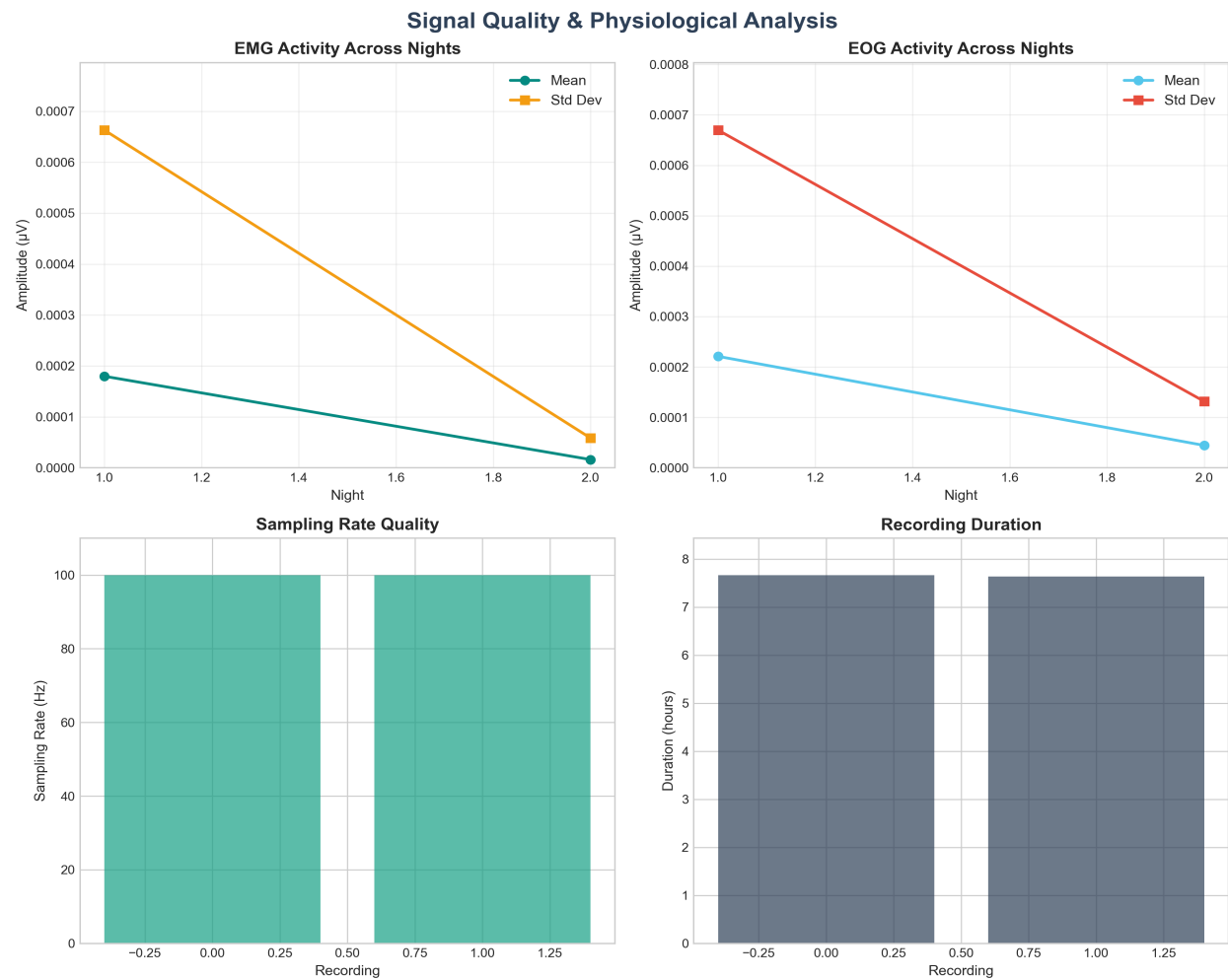
Population Comparative Analysis

Comparative Population Analysis

Sleep Efficiency (%)

★ Subject

REM Sleep (%)

Sleep Latency (min)

WASO (min)

Sleep Difficulty   Healthy Controls

Sleep Difficulty   Healthy Controls
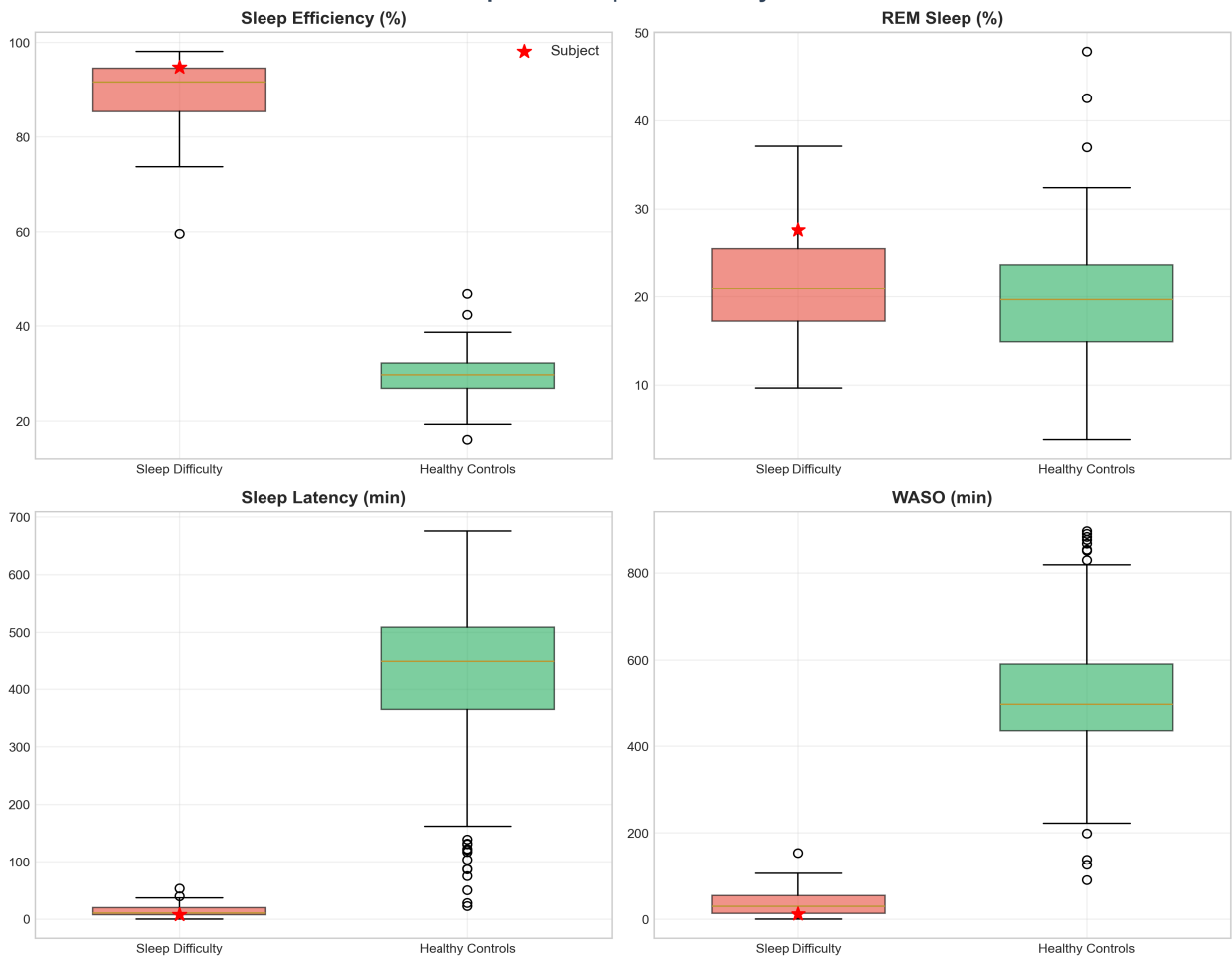
Clinical Interpretation & Recommendations

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: 94.8% (Normal)
• REM Sleep: 27.6% (Atypical)
• Deep Sleep: 19.5% (Adequate)
• Sleep Continuity: Good (WASO: 12.0 min)

Key Findings

• **Good Sleep Efficiency**: At 94.8%, sleep efficiency is within normal range, indicating good sleep quality.
• **Elevated REM Sleep**: REM sleep comprises 27.6% of total sleep, which is above the typical range of 20-25%.
• **Adequate Deep Sleep**: Deep sleep stages comprise 19.5% of sleep, indicating good restorative sleep.

Recommendations

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

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