Individual Sleep Analysis Report

Subject ID: 22 | Sleep Difficulty Study

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

Subject Information

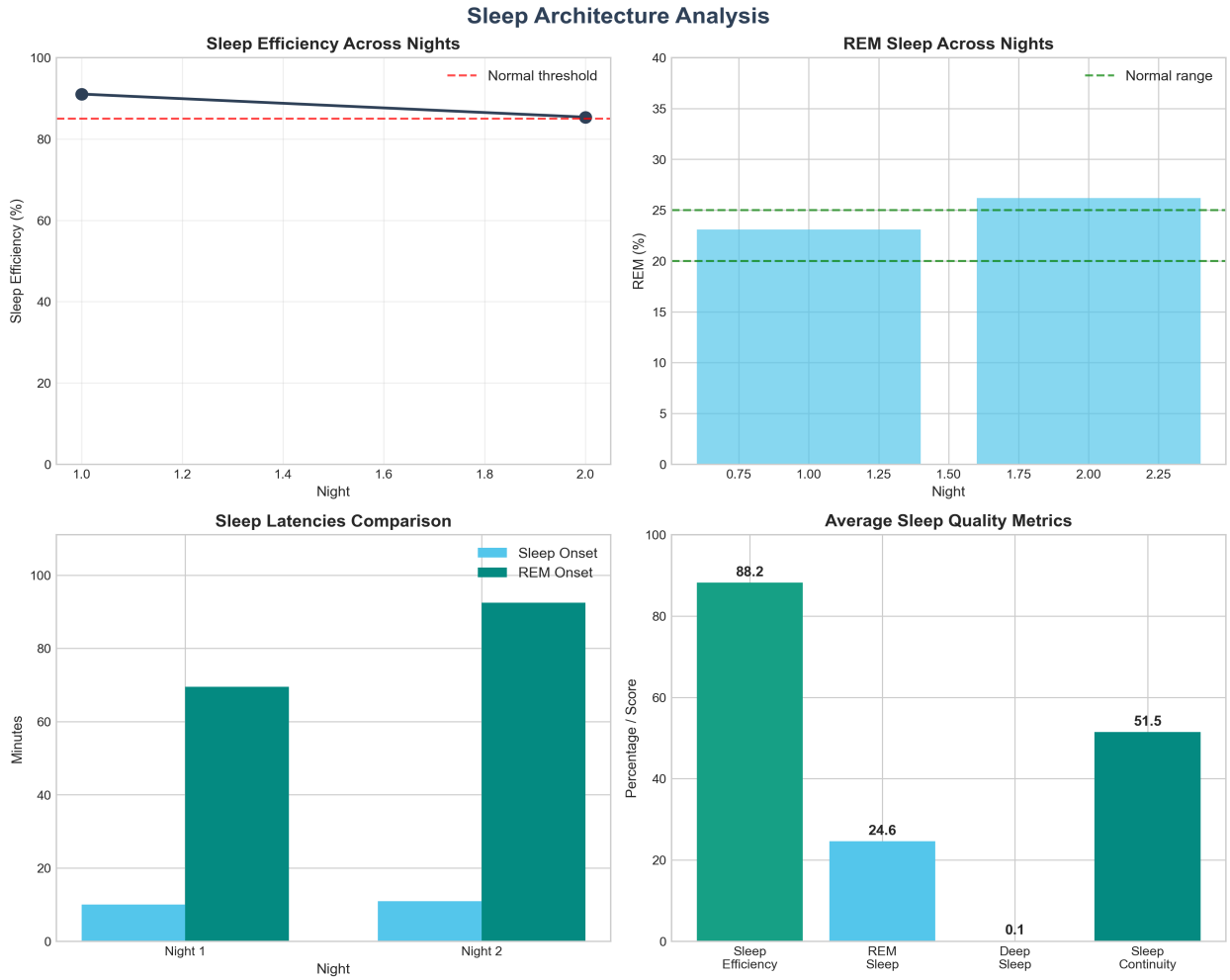
Subject ID	22
Age	56 years
Sex	M
Study Type	Sleep Difficulty
Number of Nights	2
Recording Dates	Multiple nights
Study Conditions	temazepam, placebo

Executive Summary

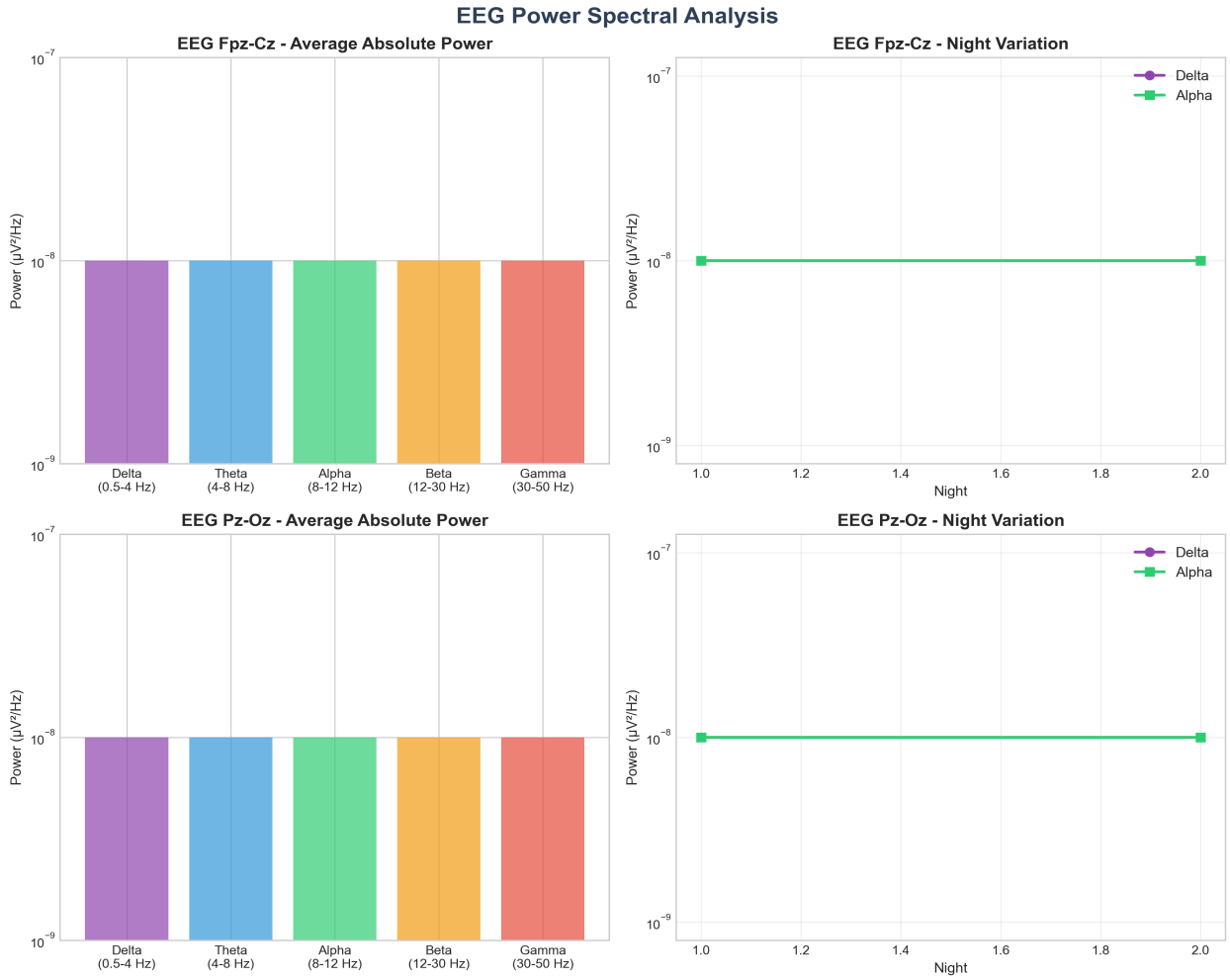
This report presents a comprehensive analysis of 2 night polysomnographic recordings for Subject 22, a 56-year-old M participant from the Sleep Telemetry (sleep difficulty) study under temazepam and placebo conditions.

Metric	Value	Clinical Interpretation
Sleep Efficiency	88.2%	Normal (≥85%)
Sleep Latency	10.5 min	Normal (≤30min)
REM Latency	81.0 min	Normal (60-120min)
REM Sleep	24.6%	Normal (20-25%)
Wake After Sleep Onset	48.5 min	Elevated (>30min)

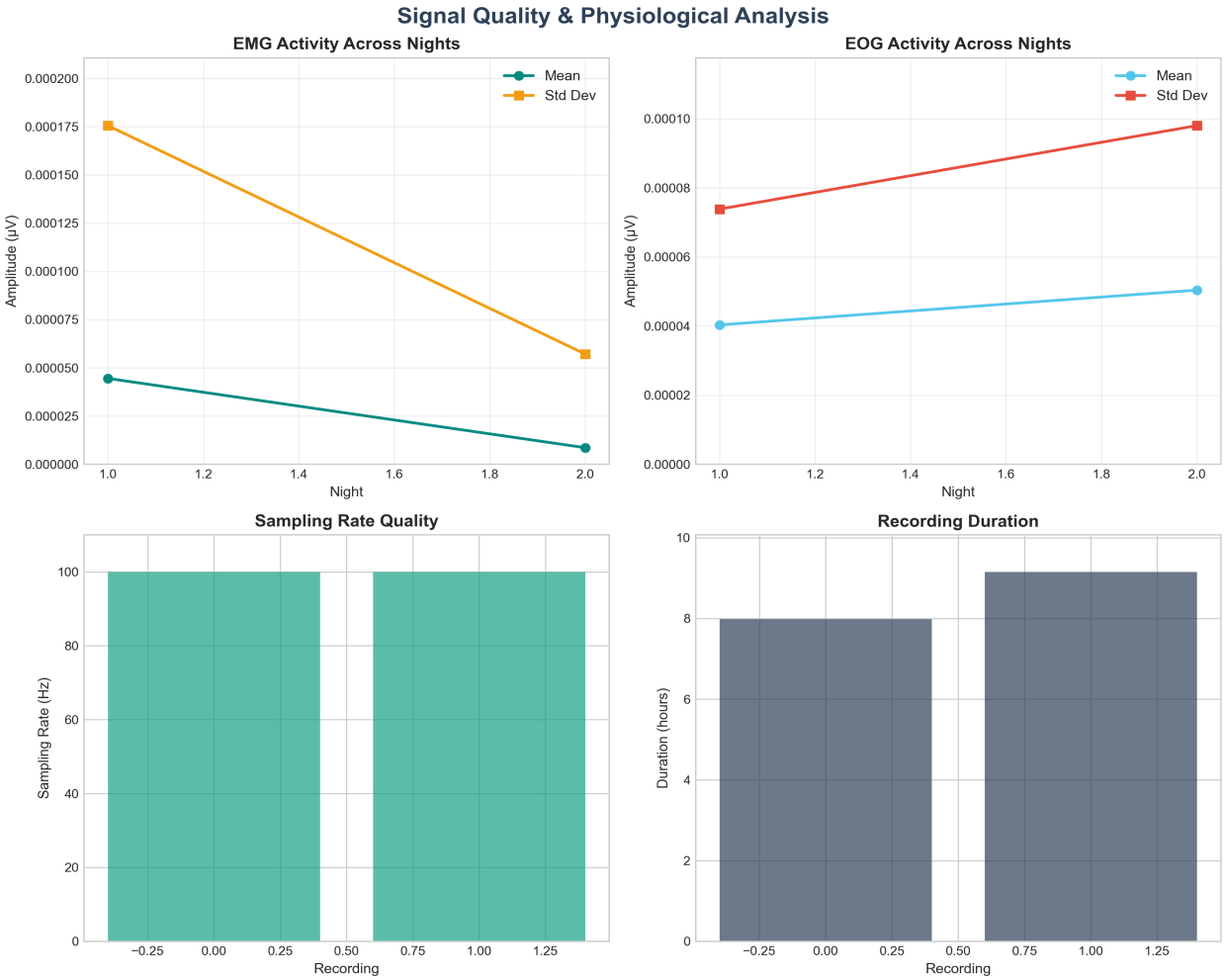
Sleep Architecture Analysis



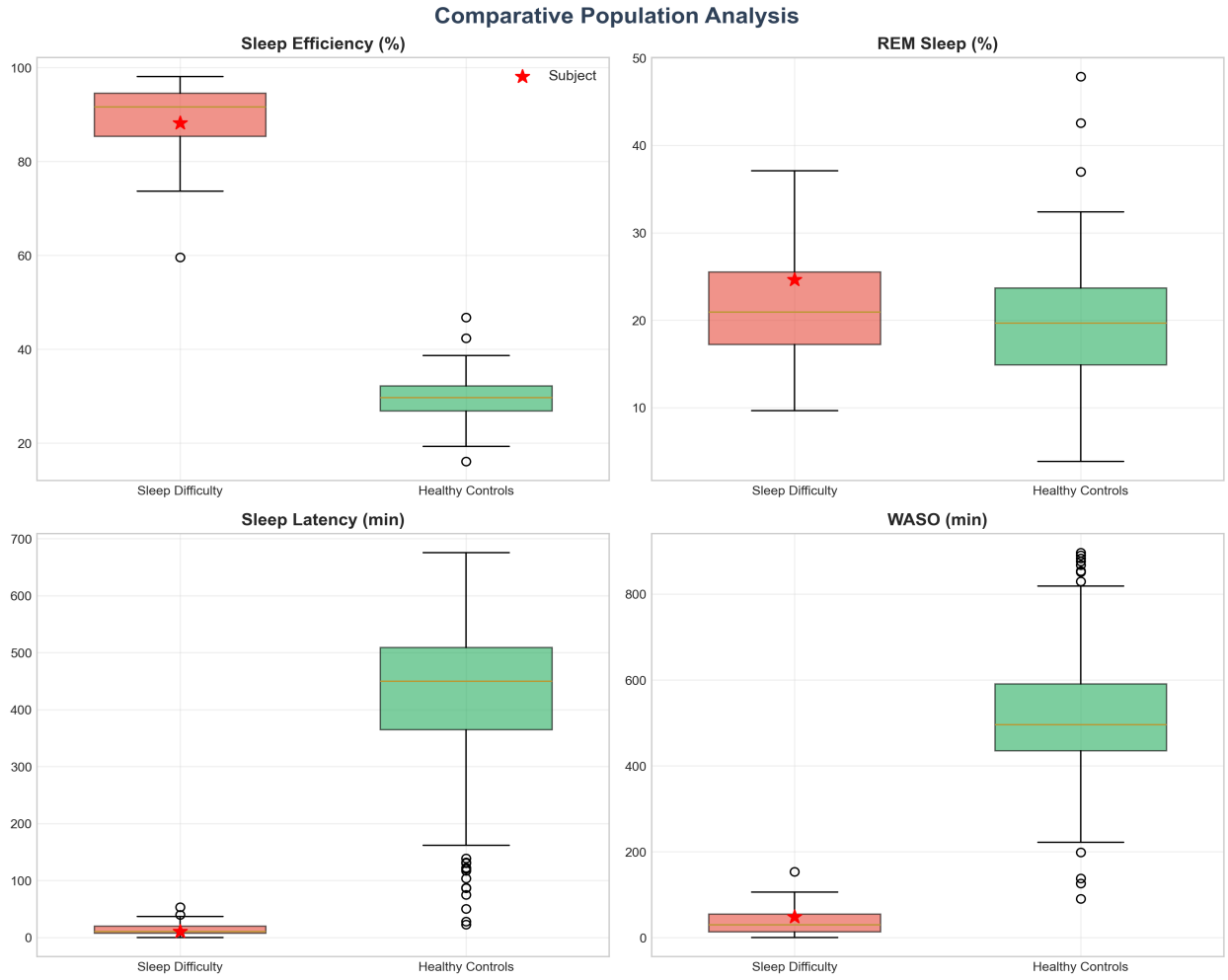
Neurophysiological Analysis - EEG Power Spectrum


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
Power (µV²/Hz)
Delta (0.5-4 Hz)
Theta (4-8 Hz)
Alpha (8-12 Hz)
Beta (12-30 Hz)
Gamma (30-50 Hz)
Night
Delta
Alpha

Signal Quality & Physiological Assessment



Population Comparative Analysis


Comparative Population Analysis
Sleep Efficiency (%)
Subject
100
80
60
40
20
Sleep Difficulty
Healthy Controls
REM Sleep (%)
50
40
30
20
10
Sleep Difficulty
Healthy Controls
Sleep Latency (min)
700
600
500
400
300
200
100
0
Sleep Difficulty
Healthy Controls
WASO (min)
800
600
400
200
0
Sleep Difficulty
Healthy Controls

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: 88.2% (Normal)
• REM Sleep: 24.6% (Normal)
• Deep Sleep: 0.1% (Reduced)
• Sleep Continuity: Fragmented (WASO: 48.5 min)

Key Findings

• **Good Sleep Efficiency**: At 88.2%, sleep efficiency is within normal range, indicating good sleep quality.
• **Normal REM Sleep**: REM sleep comprises 24.6% of total sleep, which is within the normal range.
• **Reduced Deep Sleep**: Deep sleep stages (N3+N4) comprise 0.1% of sleep, which may indicate reduced sleep restoration.
• **Medication Effect**: Temazepam improved sleep efficiency by 5.7% compared to placebo night.

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:
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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