

Individual Sleep Analysis Report

Subject ID: 20 | Sleep Difficulty Study

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

Subject Information

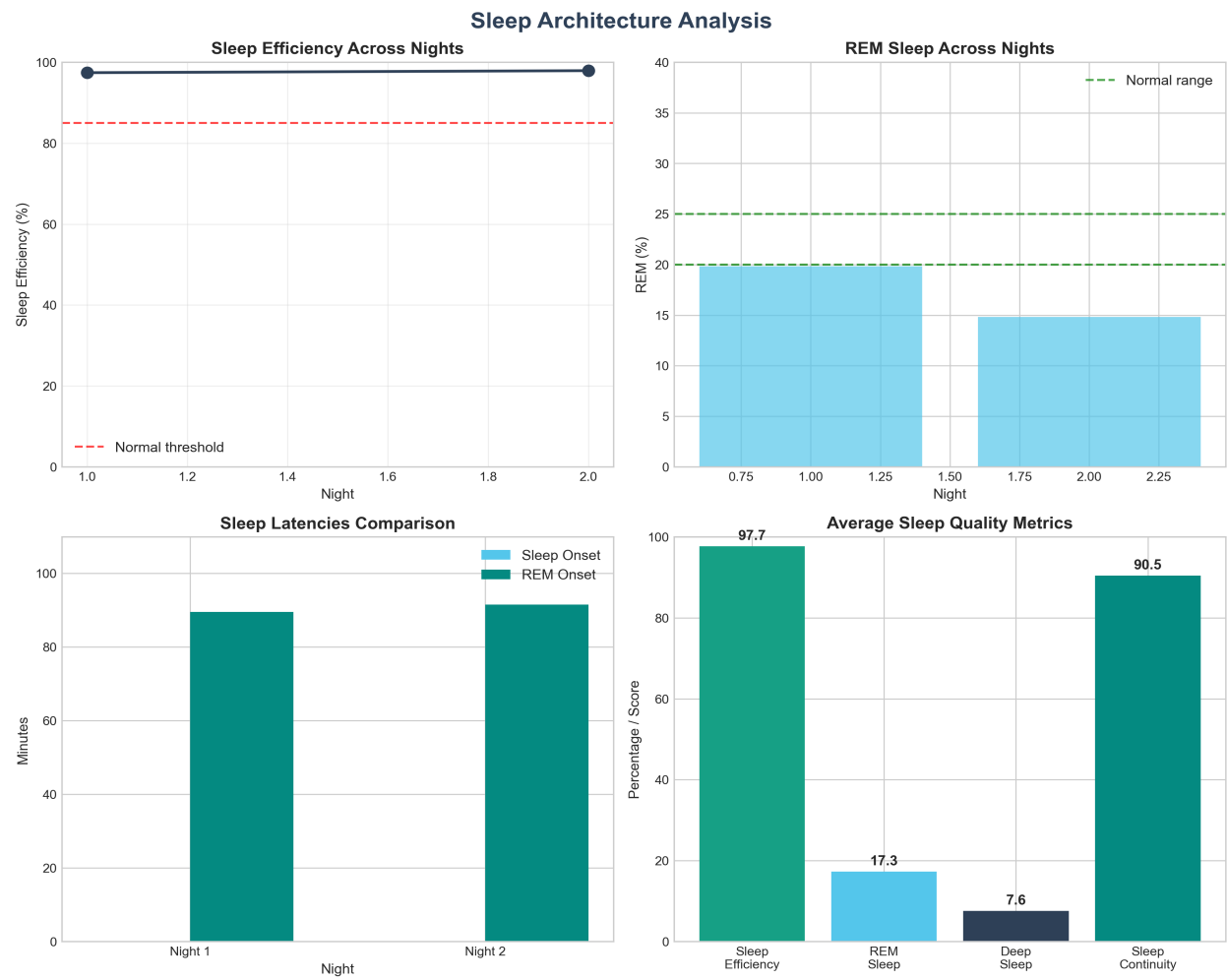
Subject ID	20
Age	24 years
Sex	M
Study Type	Sleep Difficulty
Number of Nights	2
Recording Dates	Multiple nights
Study Conditions	temazepam, placebo

Executive Summary

This report presents a comprehensive analysis of 2 night polysomnographic recordings for Subject 20, a 24-year-old M participant from the Sleep Telemetry (sleep difficulty) study under temazepam and placebo conditions.

Metric	Value	Clinical Interpretation
Sleep Efficiency	97.7%	Normal ($\geq 85\%$)
Sleep Latency	0.0 min	Normal ($\leq 30\text{min}$)
REM Latency	90.5 min	Normal (60-120min)
REM Sleep	17.3%	Atypical
Wake After Sleep Onset	9.5 min	Normal ($\leq 30\text{min}$)

Sleep Architecture Analysis

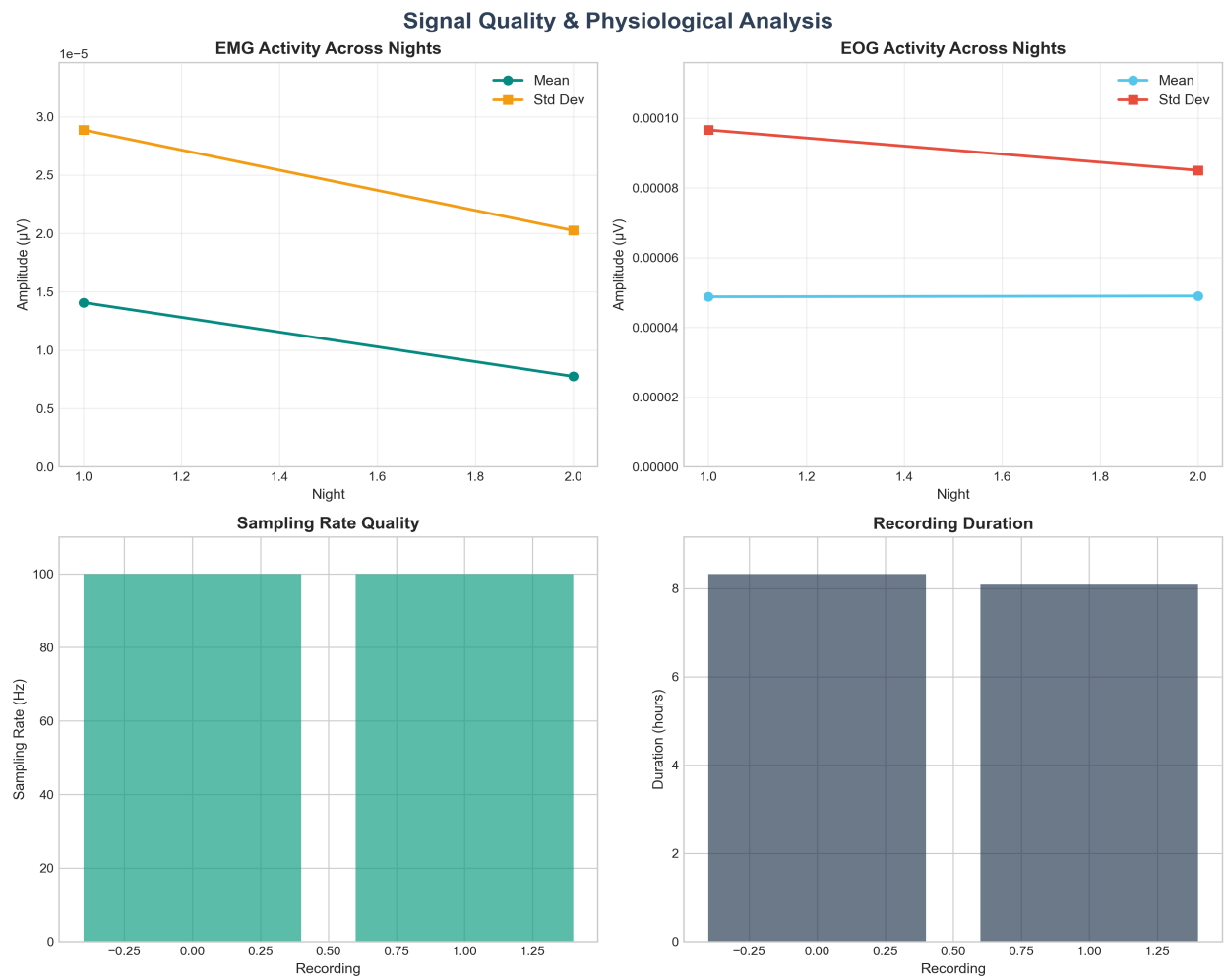


Neurophysiological Analysis - EEG Power Spectrum

EEG Power Spectral Analysis

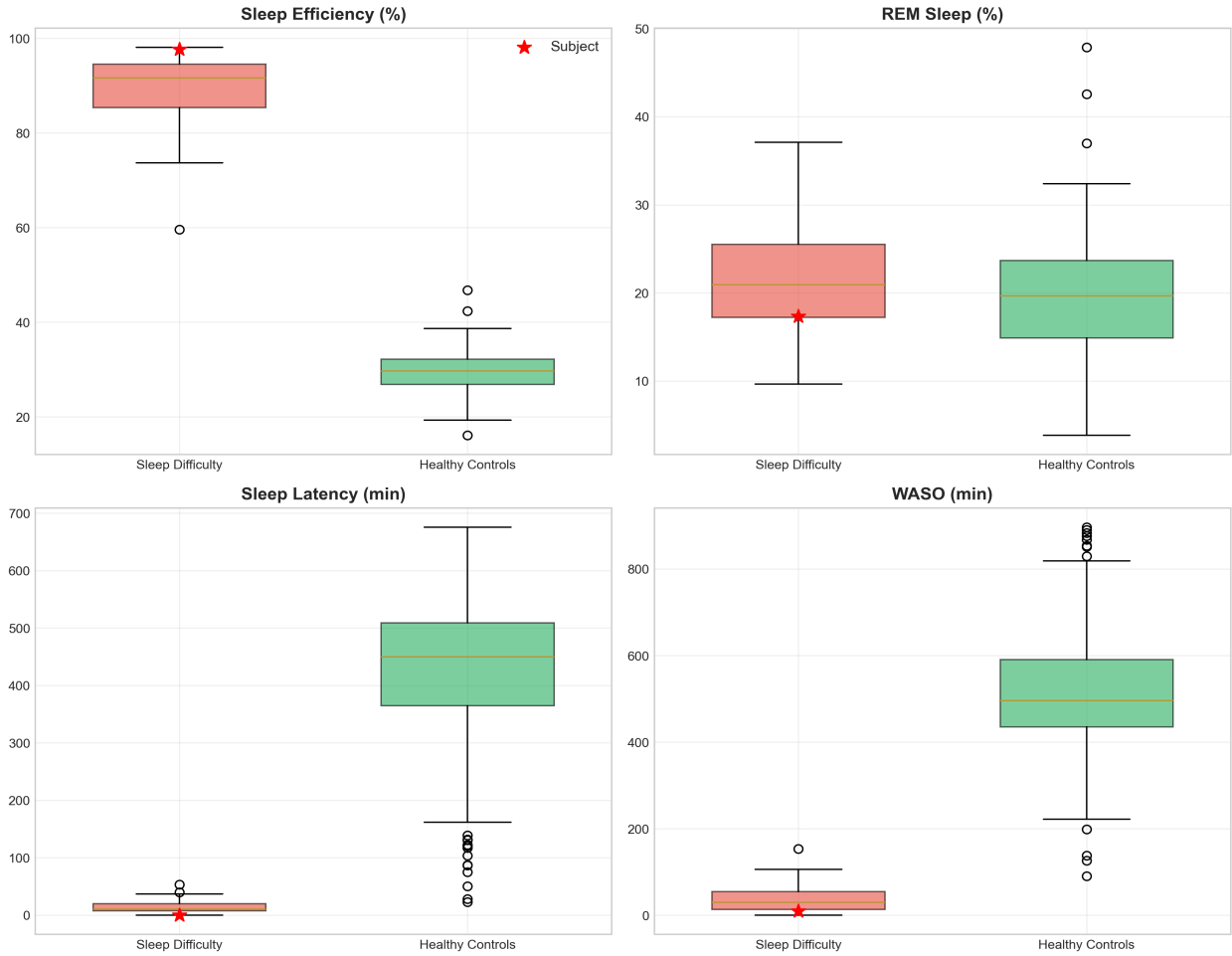


Signal Quality & Physiological Assessment



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: 97.7% (Normal)
- REM Sleep: 17.3% (Atypical)
- Deep Sleep: 7.6% (Reduced)
- Sleep Continuity: Good (WASO: 9.5 min)

Key Findings

- **Good Sleep Efficiency:** At 97.7%, sleep efficiency is within normal range, indicating good sleep quality.
- **Reduced REM Sleep:** REM sleep comprises 17.3% of total sleep, which is below the normal range of 20-25%.
- **Reduced Deep Sleep:** Deep sleep stages (N3+N4) comprise 7.6% of sleep, which may indicate reduced sleep restoration.

Recommendations

- Evaluate for potential REM sleep disorders or medications affecting REM sleep
- Assess sleep environment and factors that may be disrupting deep sleep stages

Report Analysis and Generation:

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