

Individual Sleep Analysis Report

Subject ID: 16 | Healthy Control Study

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

Subject Information

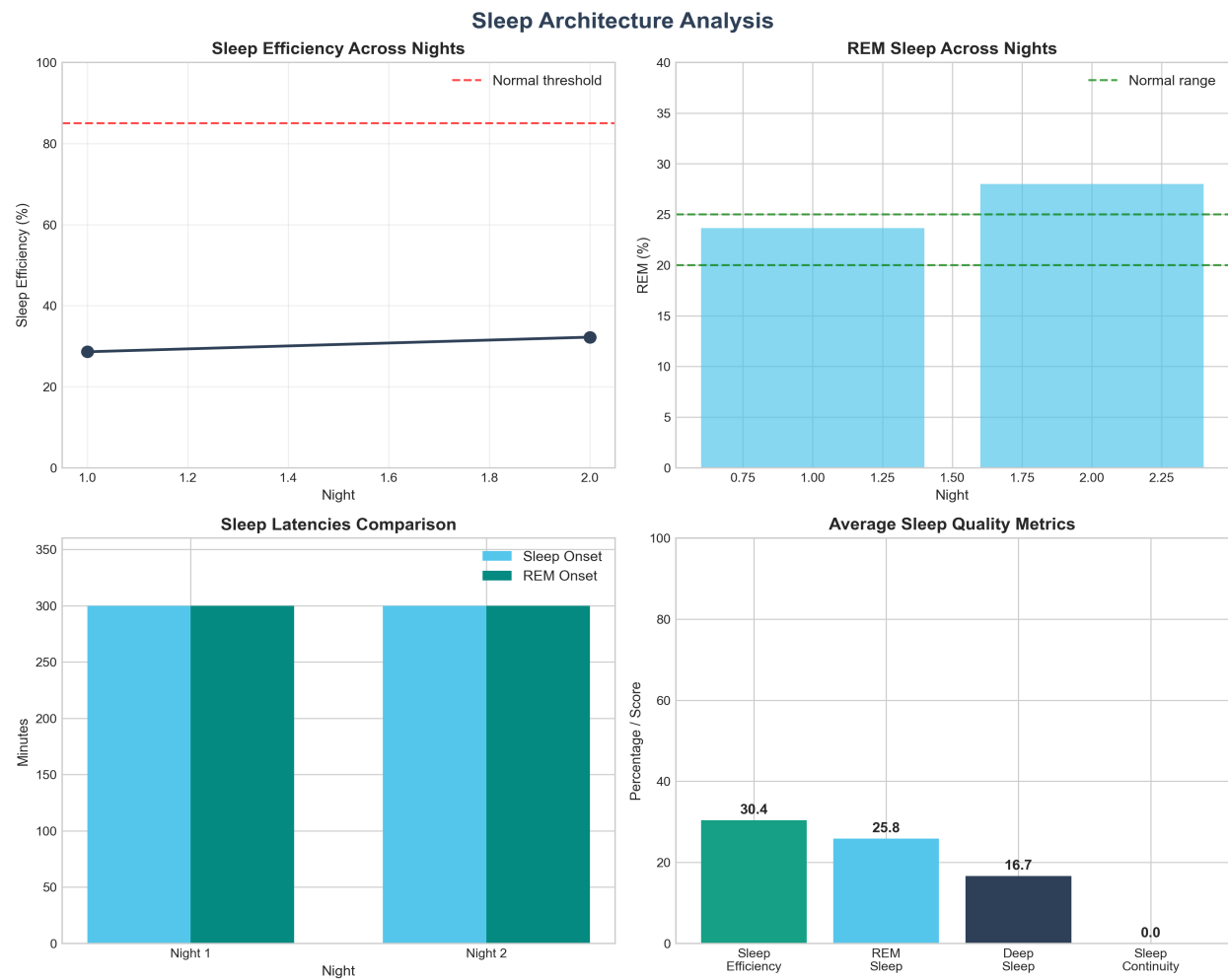
Subject ID	16
Age	32 years
Sex	M
Study Type	Healthy Controls
Number of Nights	2
Recording Dates	Multiple nights

Executive Summary

This report presents a comprehensive analysis of 2 night polysomnographic recordings for Subject 16, a 32-year-old M participant from the Sleep Cassette (healthy controls) study under nan condition.

Metric	Value	Clinical Interpretation
Sleep Efficiency	30.4%	Below Normal (<85%)
Sleep Latency	448.2 min	Prolonged (>30min)
REM Latency	522.5 min	Atypical
REM Sleep	25.8%	Atypical
Wake After Sleep Onset	456.5 min	Elevated (>30min)

Sleep Architecture Analysis

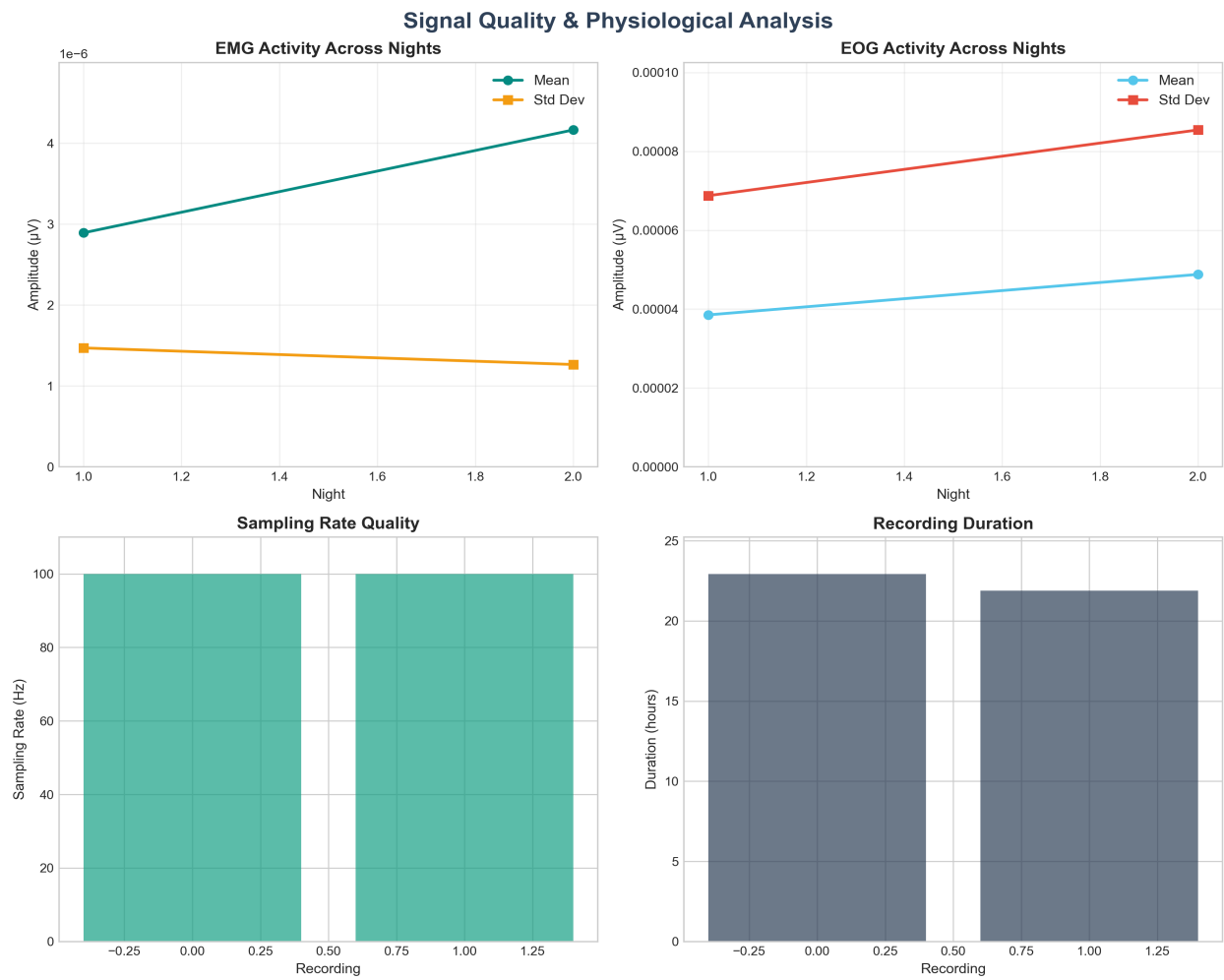


Neurophysiological Analysis - EEG Power Spectrum

EEG Power Spectral Analysis

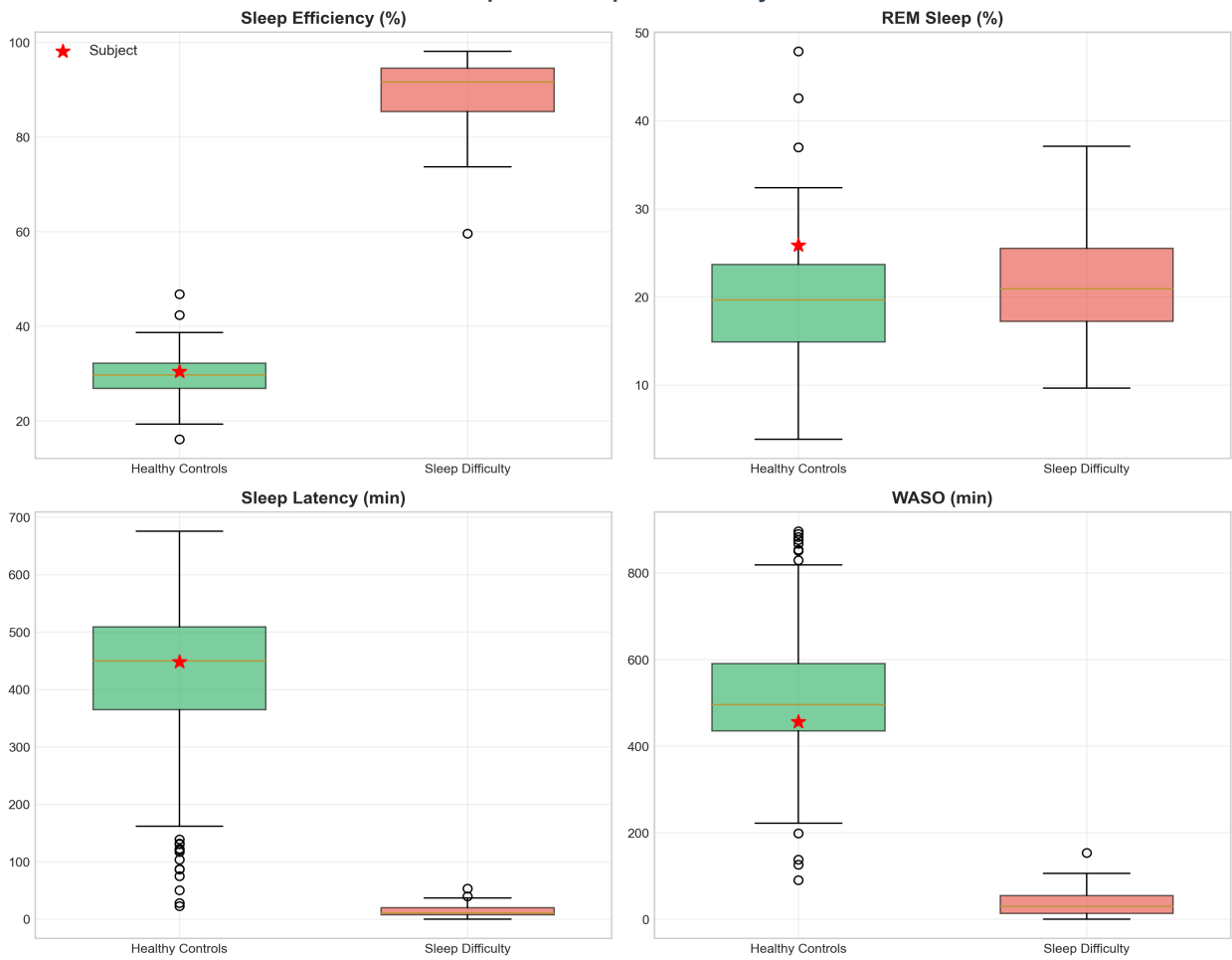


Signal Quality & Physiological Assessment



Population Comparative Analysis

Comparative Population Analysis



Clinical Interpretation & Recommendations

Overall Sleep Health Assessment

Sleep Quality Level: POOR

Poor sleep quality with multiple metrics outside normal ranges. The subject's sleep architecture shows:

- Sleep Efficiency: 30.4% (Below normal)
- REM Sleep: 25.8% (Atypical)
- Deep Sleep: 16.7% (Adequate)
- Sleep Continuity: Fragmented (WASO: 456.5 min)

Key Findings

- **Reduced Sleep Efficiency:** At 30.4%, sleep efficiency is below the normal threshold of 85%, indicating potential sleep quality issues.
- **Elevated REM Sleep:** REM sleep comprises 25.8% of total sleep, which is above the typical range of 20-25%.
- **Adequate Deep Sleep:** Deep sleep stages comprise 16.7% of sleep, indicating good restorative sleep.

Recommendations

- Consider sleep hygiene counseling and evaluation of factors affecting sleep quality
- Investigation of factors causing sleep fragmentation may be beneficial

Report Analysis and Generation:

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