

Individual Sleep Analysis Report

Subject ID: 18 | Sleep Difficulty Study

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

Subject Information

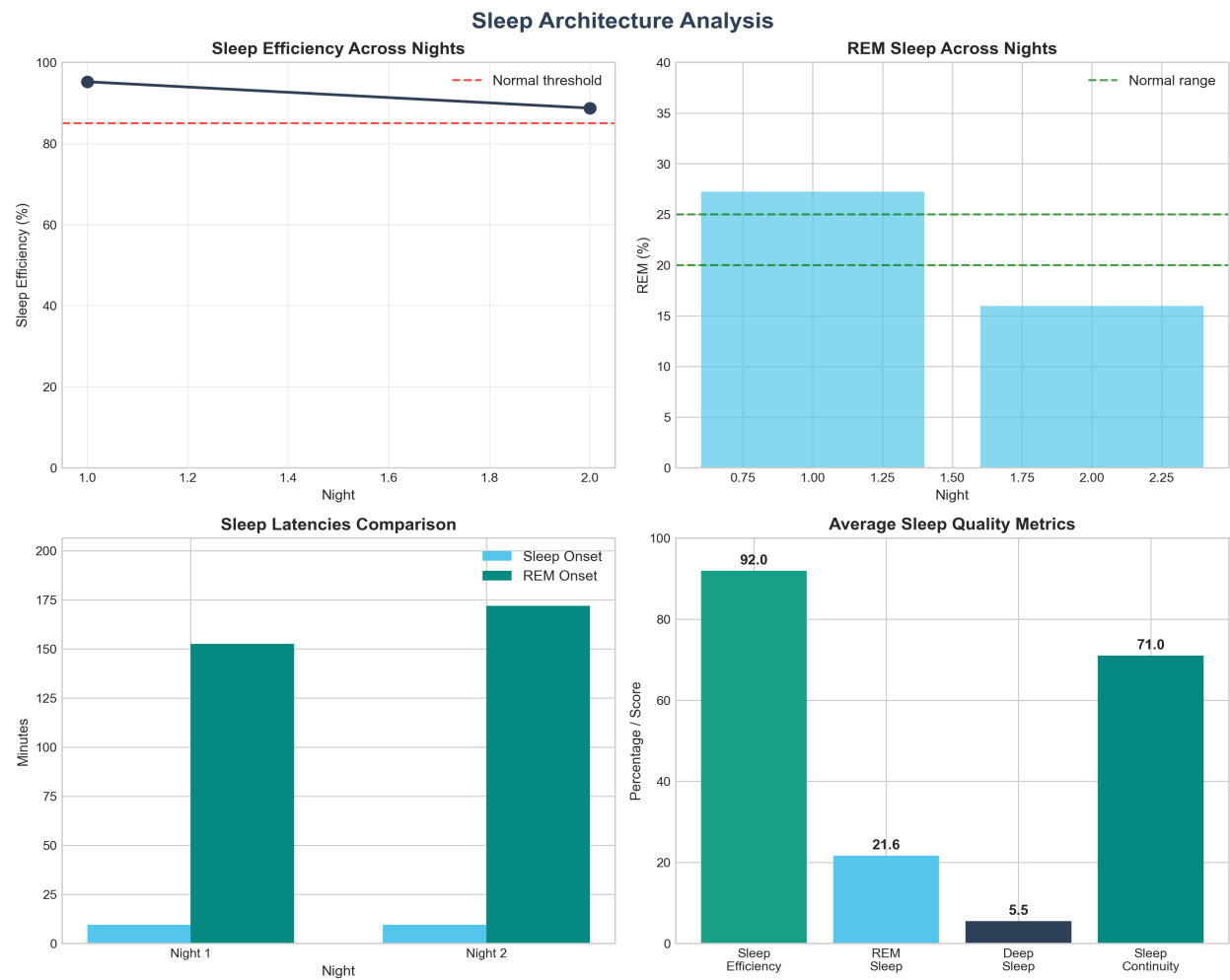
Subject ID	18
Age	53 years
Sex	F
Study Type	Sleep Difficulty
Number of Nights	2
Recording Dates	Multiple nights
Study Conditions	placebo, temazepam

Executive Summary

This report presents a comprehensive analysis of 2 night polysomnographic recordings for Subject 18, a 53-year-old F participant from the Sleep Telemetry (sleep difficulty) study under placebo and temazepam conditions.

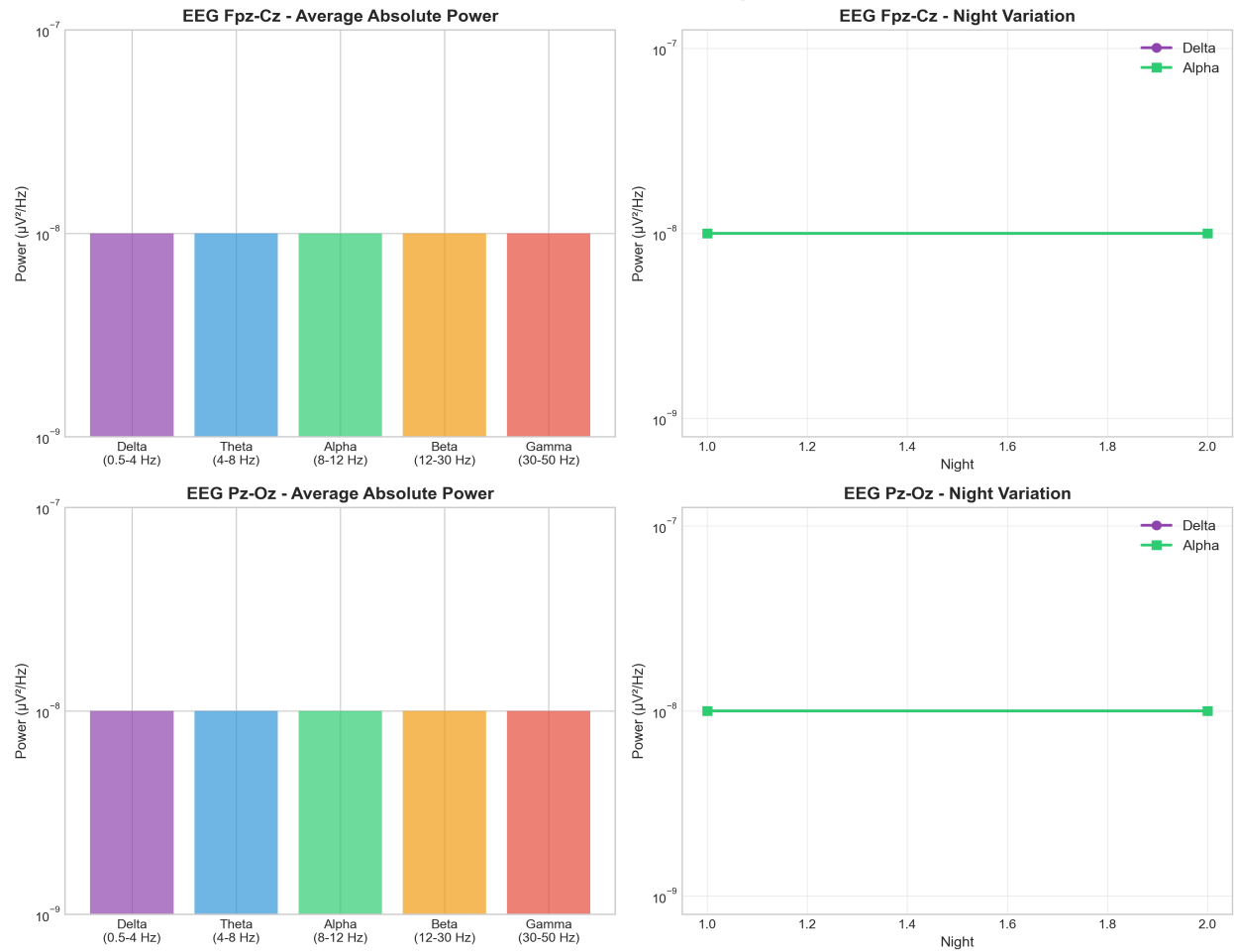
Metric	Value	Clinical Interpretation
Sleep Efficiency	92.0%	Normal ($\geq 85\%$)
Sleep Latency	9.5 min	Normal (≤ 30 min)
REM Latency	162.2 min	Atypical
REM Sleep	21.6%	Normal (20-25%)
Wake After Sleep Onset	29.0 min	Normal (≤ 30 min)

Sleep Architecture Analysis

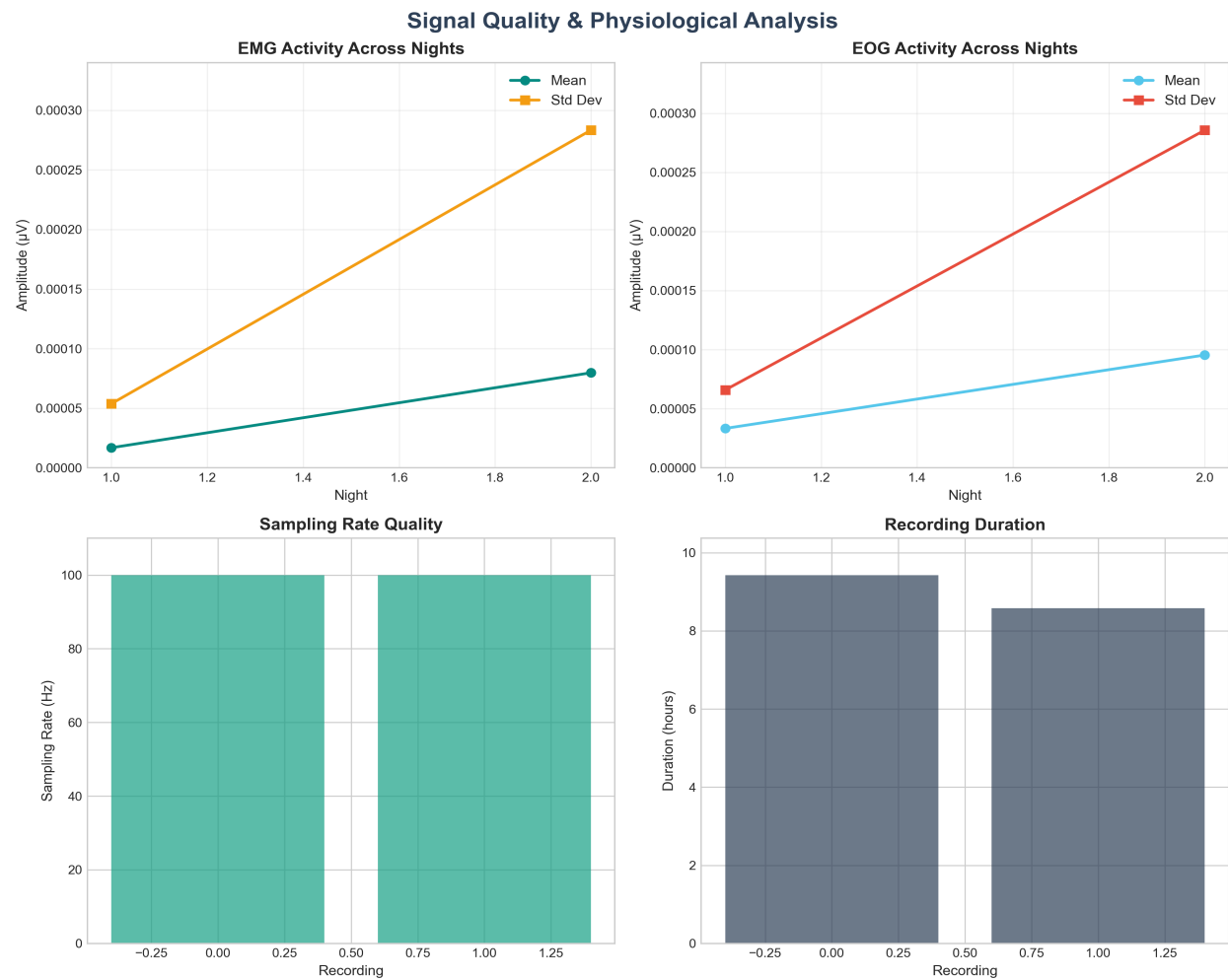


Neurophysiological Analysis - EEG Power Spectrum

EEG Power Spectral Analysis

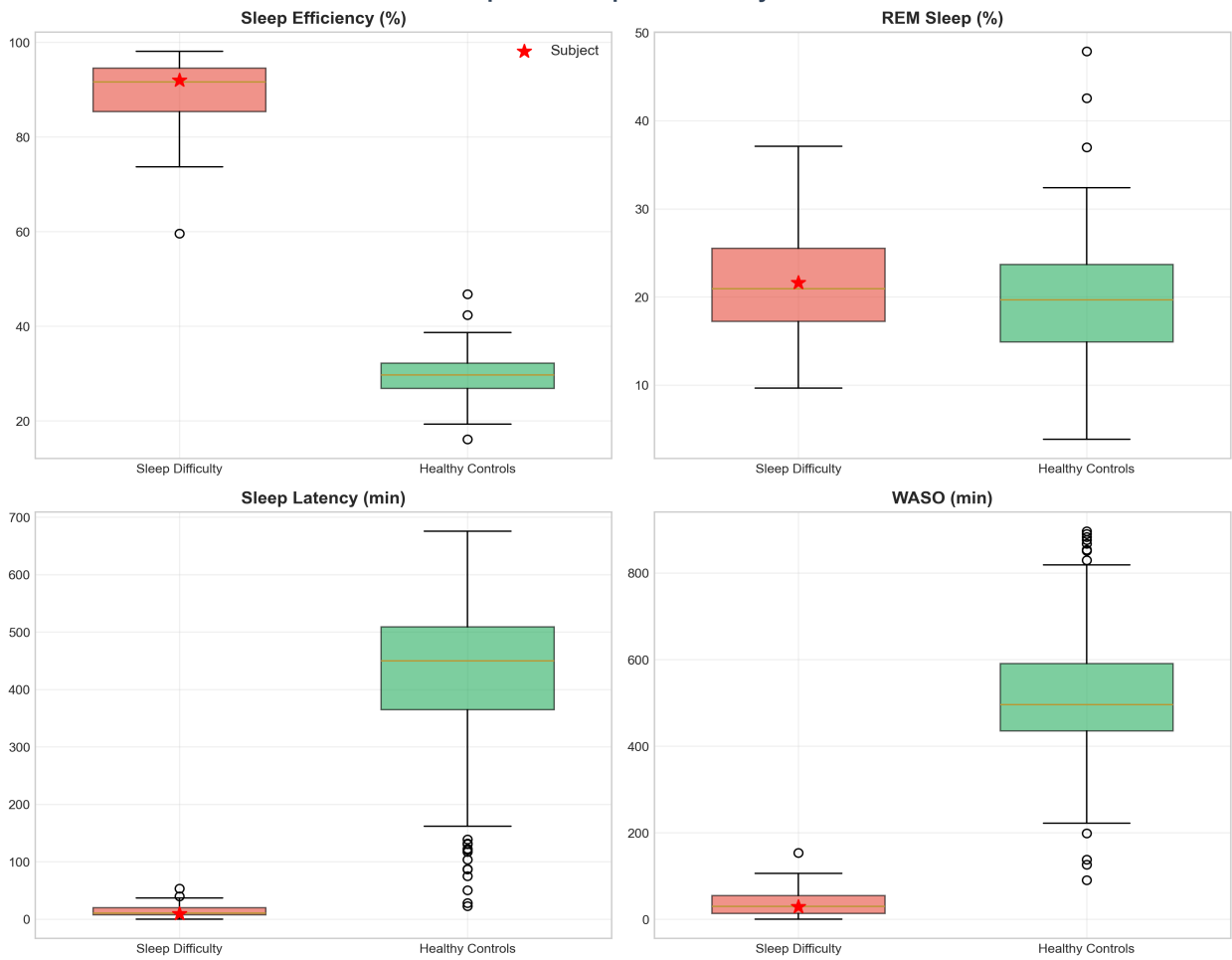


Signal Quality & Physiological Assessment



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: 92.0% (Normal)
- REM Sleep: 21.6% (Normal)
- Deep Sleep: 5.5% (Reduced)
- Sleep Continuity: Good (WASO: 29.0 min)

Key Findings

- **Good Sleep Efficiency:** At 92.0%, sleep efficiency is within normal range, indicating good sleep quality.
- **Normal REM Sleep:** REM sleep comprises 21.6% of total sleep, which is within the normal range.
- **Reduced Deep Sleep:** Deep sleep stages (N3+N4) comprise 5.5% of sleep, which may indicate reduced sleep restoration.
- **Medication Effect:** Temazepam reduced sleep efficiency by 6.5% compared to placebo night.

Recommendations

- Assess sleep environment and factors that may be disrupting deep sleep stages

Report Analysis and Generation:

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