

Individual Sleep Analysis Report

Subject ID: 12 | Healthy Control Study

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

Subject Information

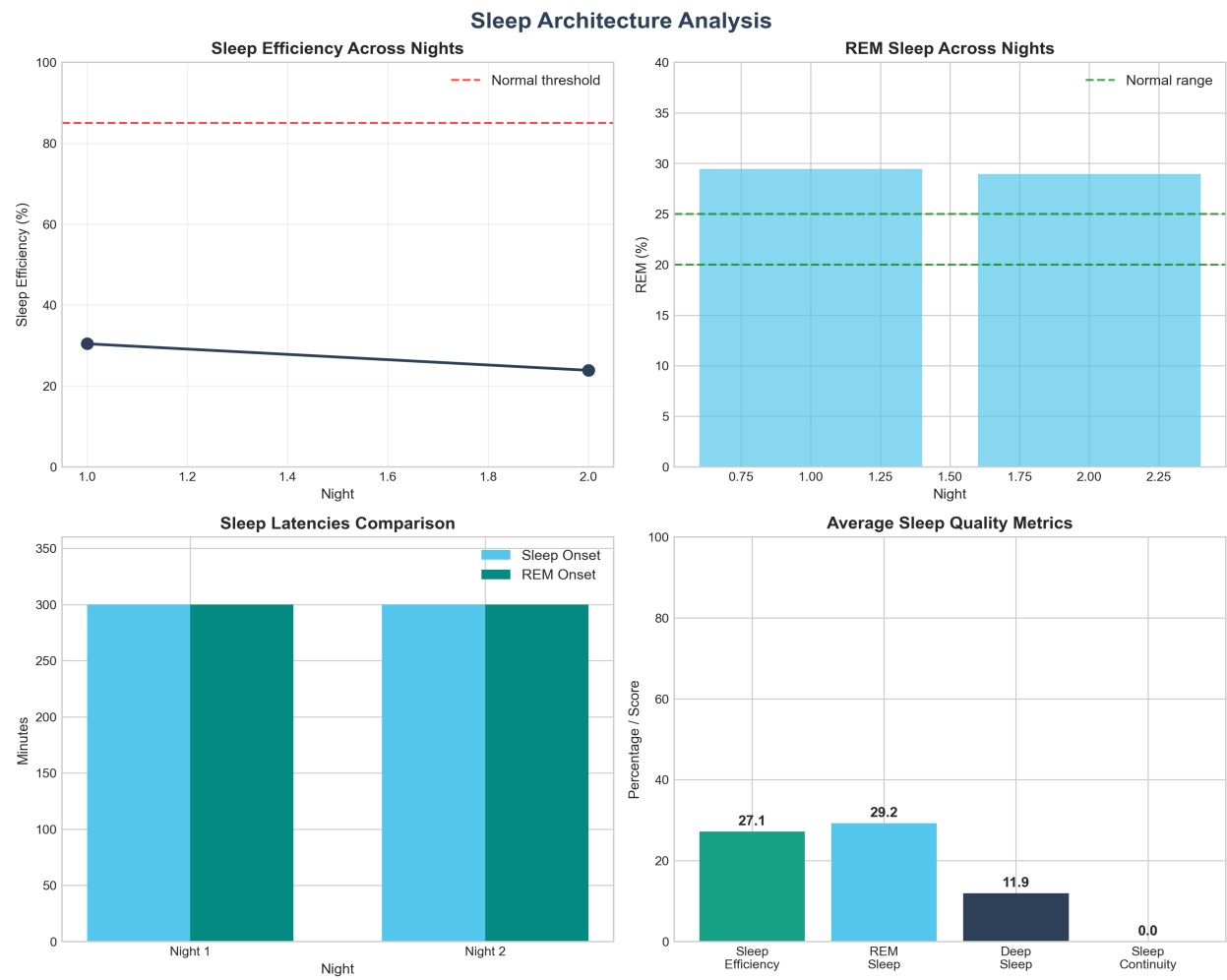
Subject ID	12
Age	26 years
Sex	M
Study Type	Healthy Controls
Number of Nights	2
Recording Dates	Multiple nights

Executive Summary

This report presents a comprehensive analysis of 2 night polysomnographic recordings for Subject 12, a 26-year-old M participant from the Sleep Cassette (healthy controls) study under nan condition.

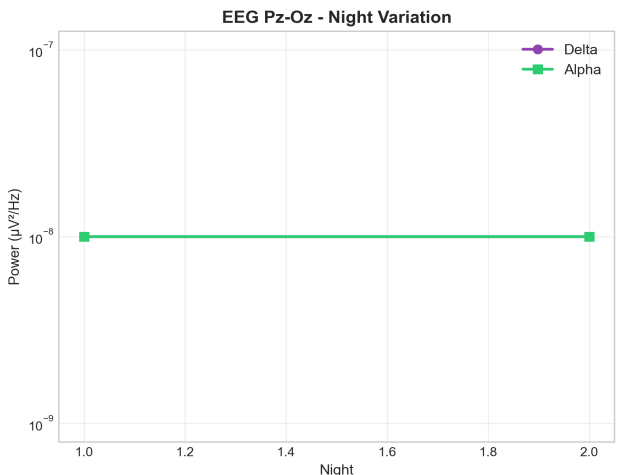
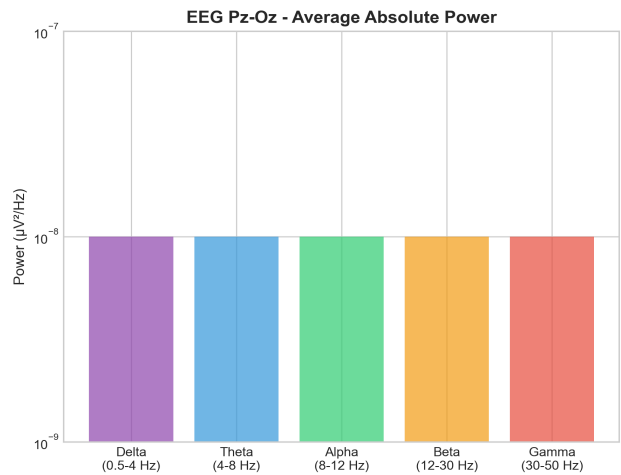
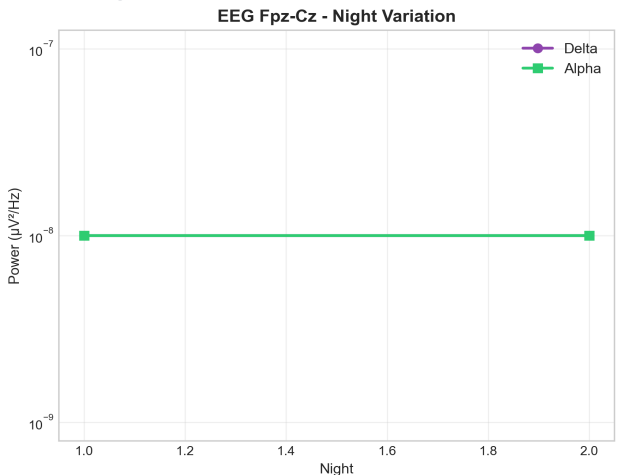
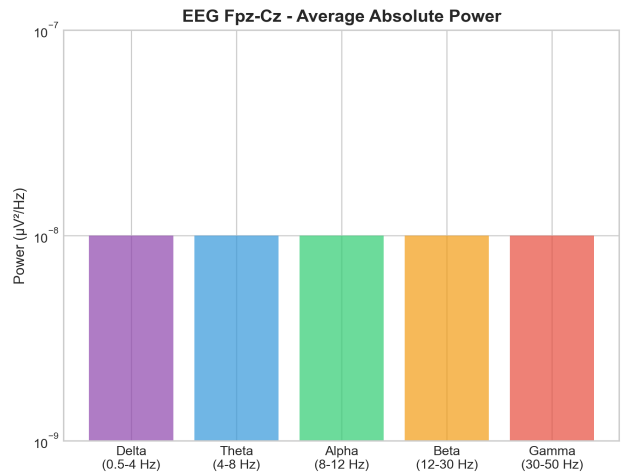
Metric	Value	Clinical Interpretation
Sleep Efficiency	27.1%	Below Normal (<85%)
Sleep Latency	519.0 min	Prolonged (>30min)
REM Latency	563.2 min	Atypical
REM Sleep	29.2%	Atypical
Wake After Sleep Onset	413.0 min	Elevated (>30min)

Sleep Architecture Analysis

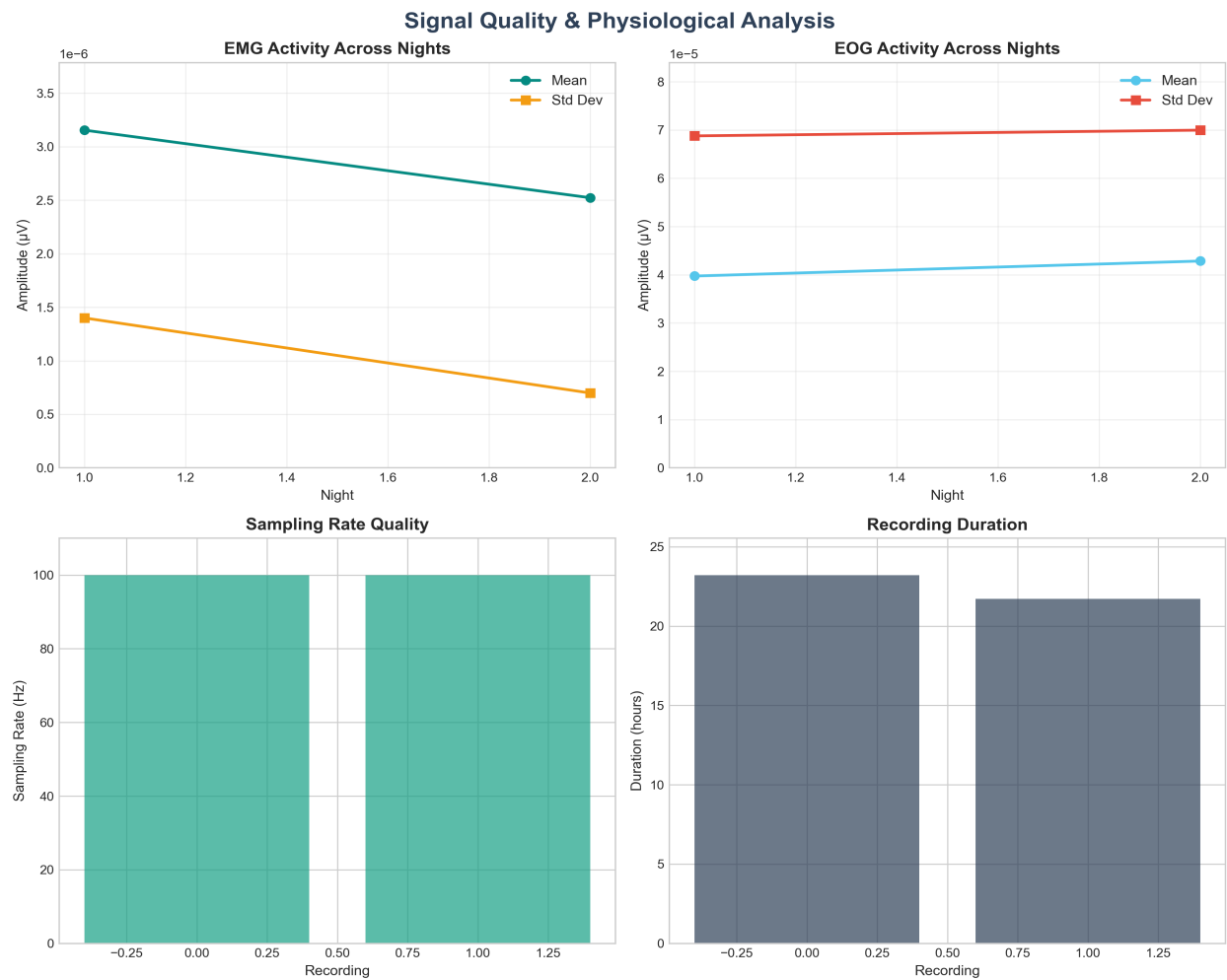


Neurophysiological Analysis - EEG Power Spectrum

EEG Power Spectral Analysis

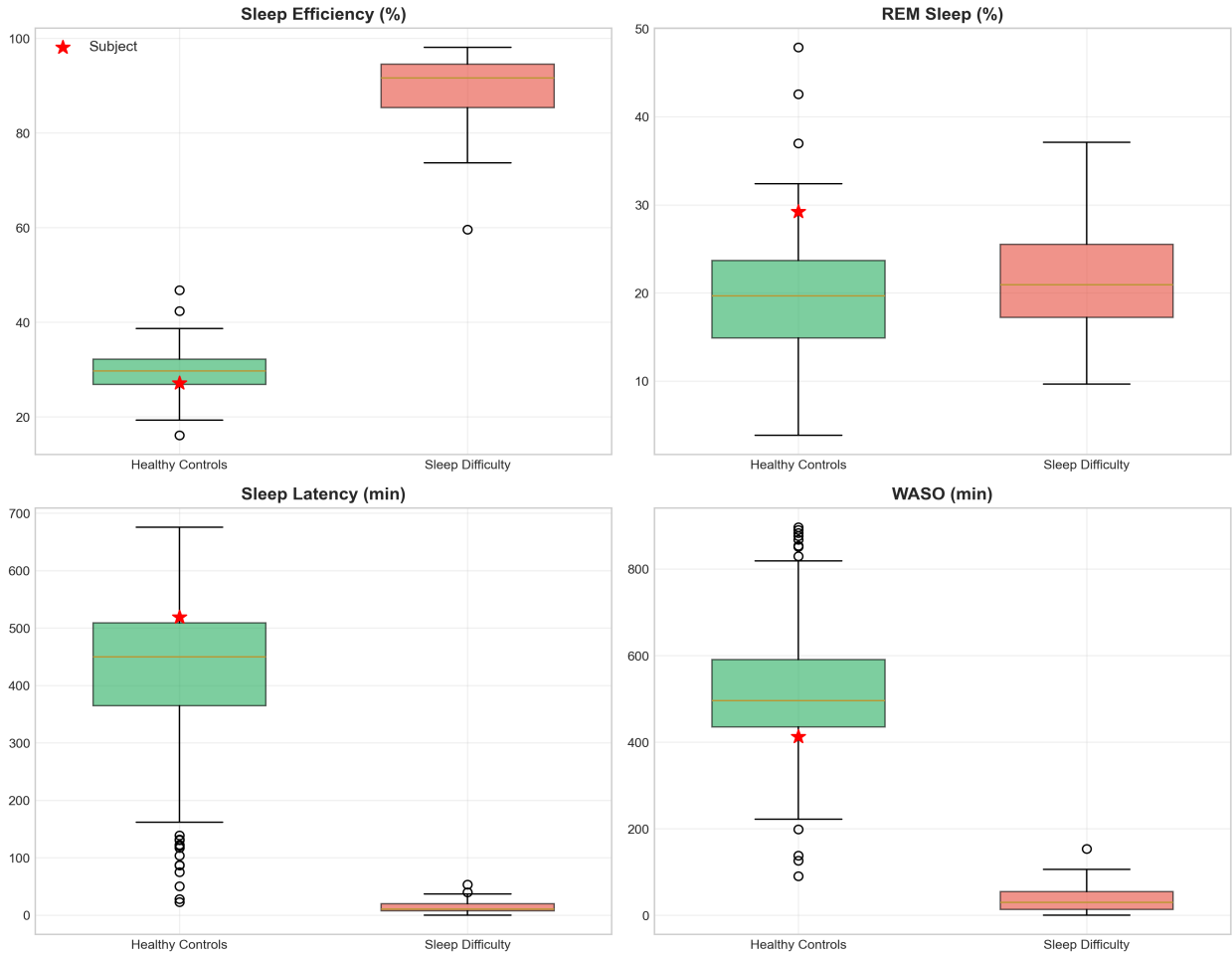


Signal Quality & Physiological Assessment



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: 27.1% (Below normal)
- REM Sleep: 29.2% (Atypical)
- Deep Sleep: 11.9% (Reduced)
- Sleep Continuity: Fragmented (WASO: 413.0 min)

Key Findings

- **Reduced Sleep Efficiency:** At 27.1%, sleep efficiency is below the normal threshold of 85%, indicating potential sleep quality issues.
- **Elevated REM Sleep:** REM sleep comprises 29.2% of total sleep, which is above the typical range of 20-25%.
- **Reduced Deep Sleep:** Deep sleep stages (N3+N4) comprise 11.9% of sleep, which may indicate reduced sleep restoration.

Recommendations

- Consider sleep hygiene counseling and evaluation of factors affecting sleep quality
- 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:

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