

Individual Sleep Analysis Report

Subject ID: 16 | Sleep Difficulty Study

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

Subject Information

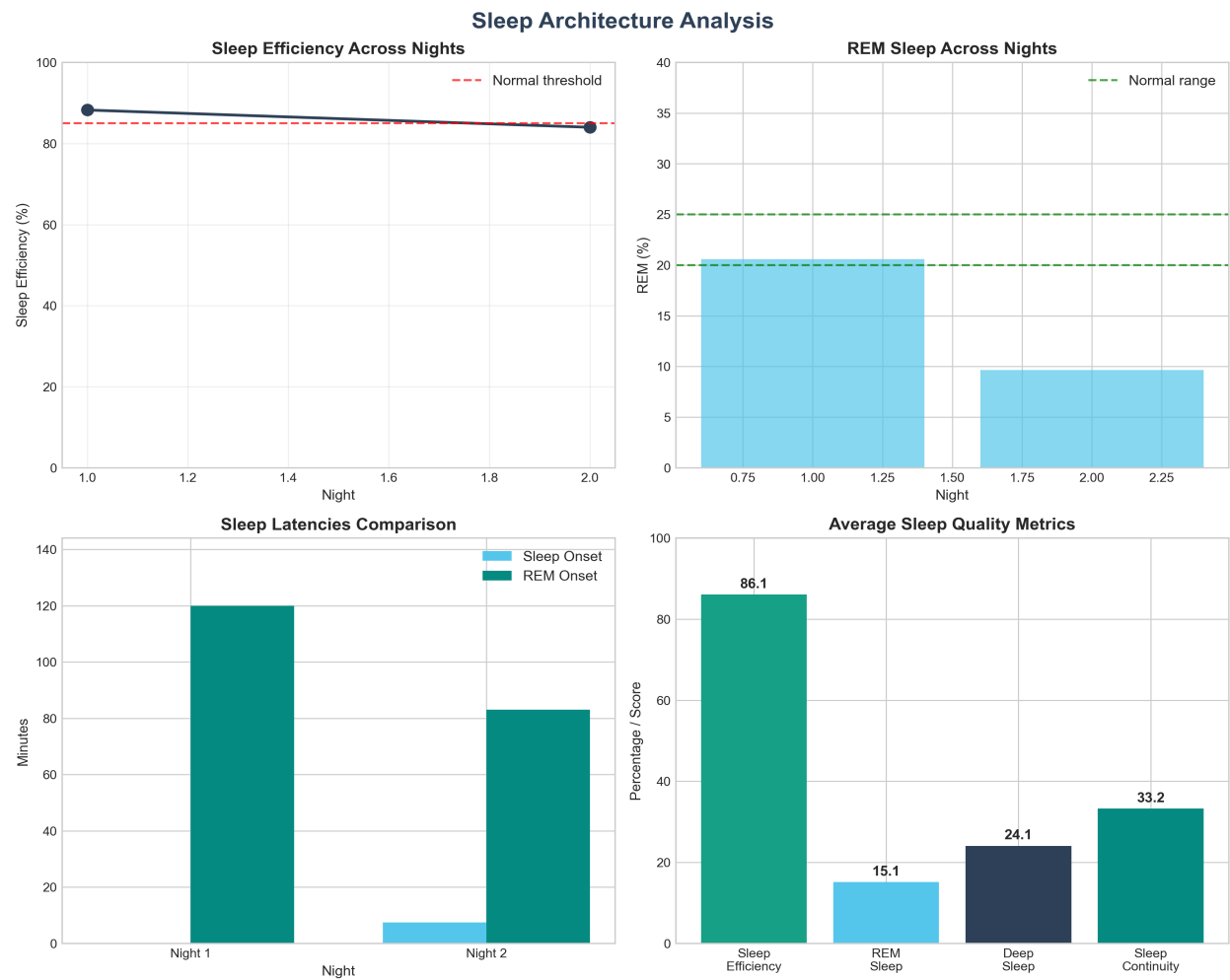
Subject ID	16
Age	79 years
Sex	F
Study Type	Sleep Difficulty
Number of Nights	2
Recording Dates	Multiple nights
Study Conditions	temazepam, placebo

Executive Summary

This report presents a comprehensive analysis of 2 night polysomnographic recordings for Subject 16, a 79-year-old F participant from the Sleep Telemetry (sleep difficulty) study under temazepam and placebo conditions.

Metric	Value	Clinical Interpretation
Sleep Efficiency	86.1%	Normal ($\geq 85\%$)
Sleep Latency	3.8 min	Normal (≤ 30 min)
REM Latency	101.5 min	Normal (60-120min)
REM Sleep	15.1%	Atypical
Wake After Sleep Onset	66.8 min	Elevated (> 30 min)

Sleep Architecture Analysis

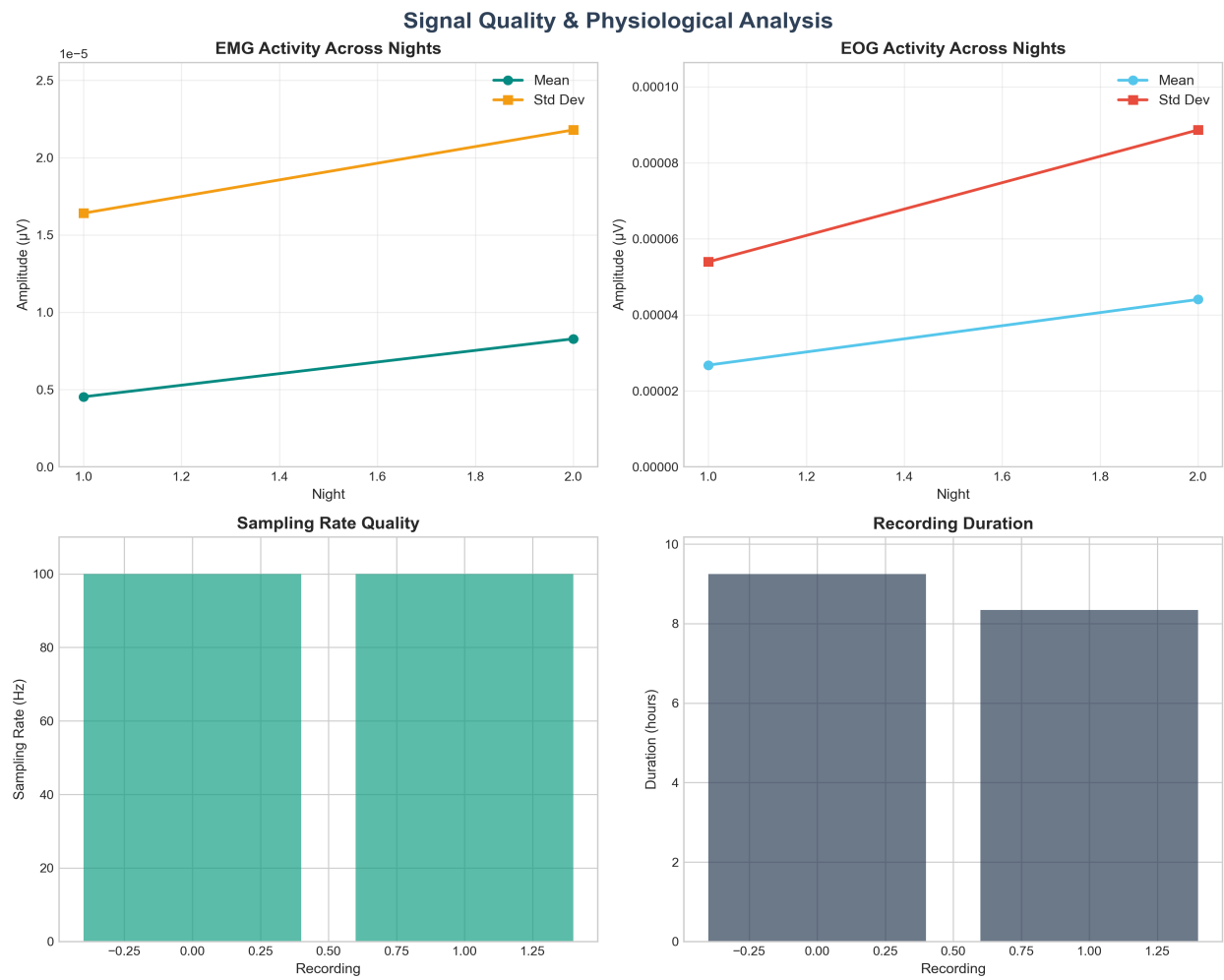


Neurophysiological Analysis - EEG Power Spectrum

EEG Power Spectral Analysis

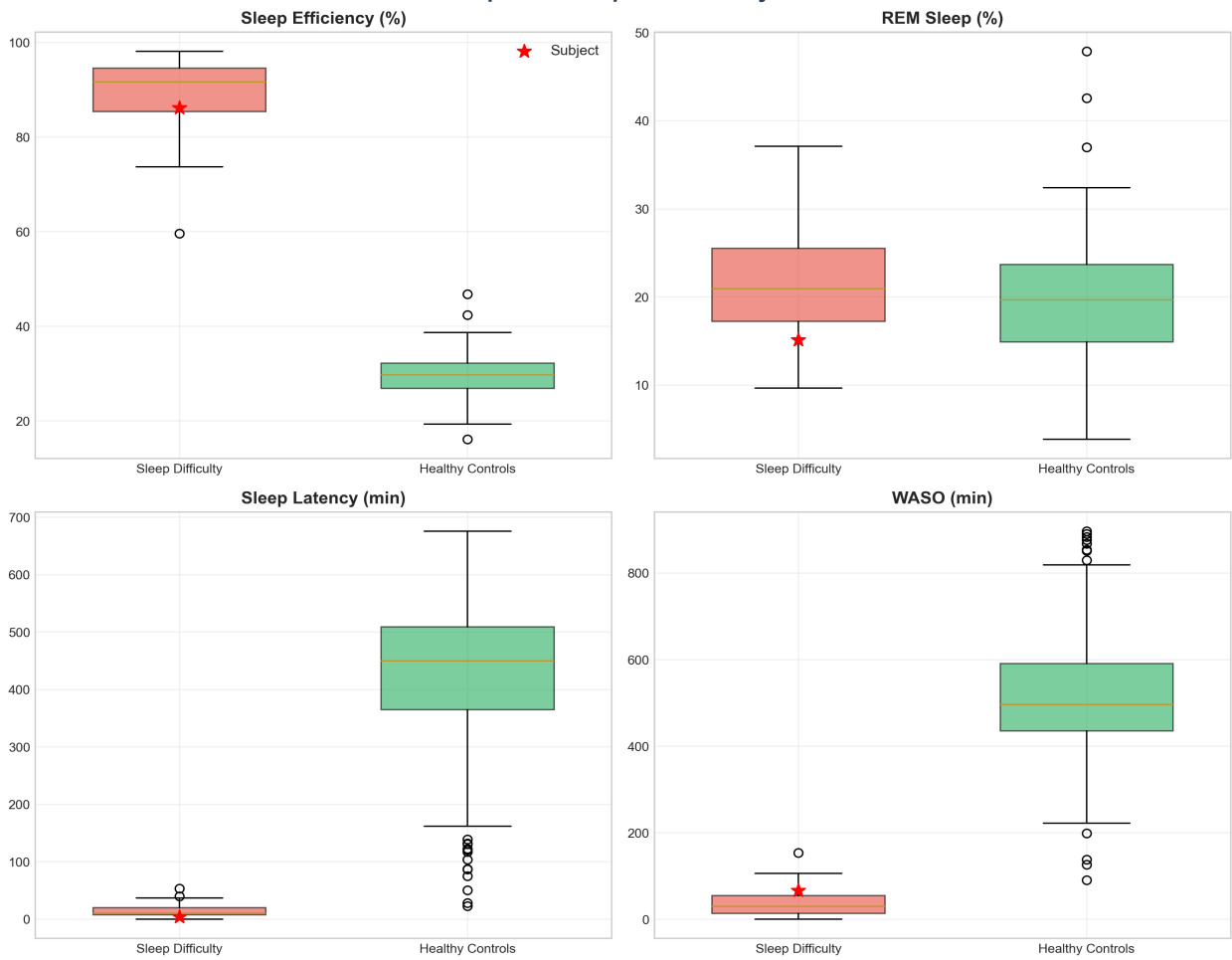


Signal Quality & Physiological Assessment



Population Comparative Analysis

Comparative Population Analysis



Clinical Interpretation & Recommendations

Overall Sleep Health Assessment

Sleep Quality Level: FAIR

Fair sleep quality with some metrics outside normal ranges. The subject's sleep architecture shows:

- Sleep Efficiency: 86.1% (Normal)
- REM Sleep: 15.1% (Atypical)
- Deep Sleep: 24.1% (Adequate)
- Sleep Continuity: Fragmented (WASO: 66.8 min)

Key Findings

- **Good Sleep Efficiency:** At 86.1%, sleep efficiency is within normal range, indicating good sleep quality.
- **Reduced REM Sleep:** REM sleep comprises 15.1% of total sleep, which is below the normal range of 20-25%.
- **Adequate Deep Sleep:** Deep sleep stages comprise 24.1% of sleep, indicating good restorative sleep.

Recommendations

- Evaluate for potential REM sleep disorders or medications affecting REM sleep
- Investigation of factors causing sleep fragmentation may be beneficial

Report Analysis and Generation:

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