

Individual Sleep Analysis Report

Subject ID: 3 | Healthy Control Study

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

Subject Information

Subject ID	3
Age	26 years
Sex	F
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 3, a 26-year-old F participant from the Sleep Cassette (healthy controls) study under nan condition.

Metric	Value	Clinical Interpretation
Sleep Efficiency	27.6%	Below Normal (<85%)
Sleep Latency	448.0 min	Prolonged (>30min)
REM Latency	528.2 min	Atypical
REM Sleep	25.7%	Atypical
Wake After Sleep Onset	543.2 min	Elevated (>30min)

Sleep Architecture Analysis

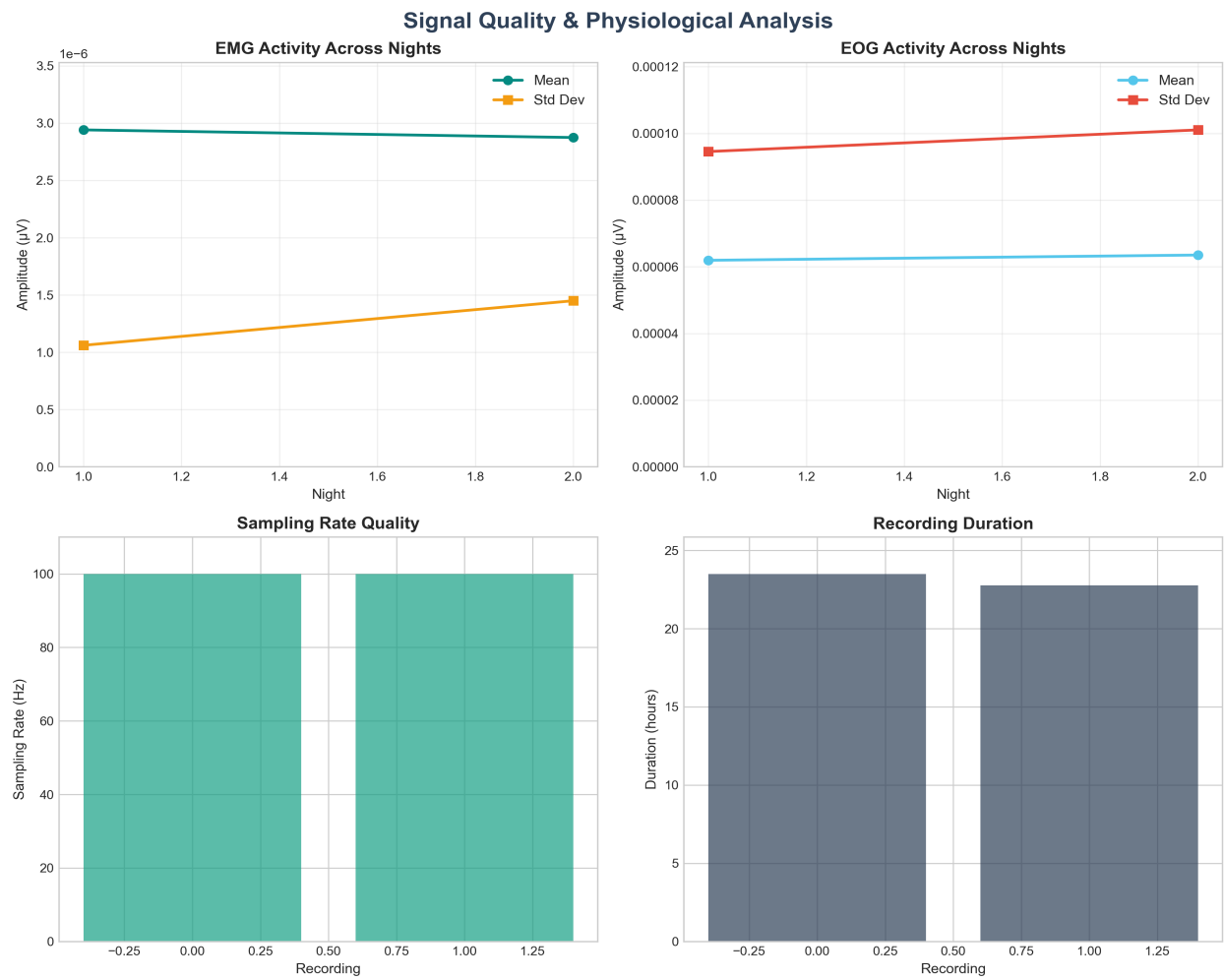


Neurophysiological Analysis - EEG Power Spectrum

EEG Power Spectral Analysis

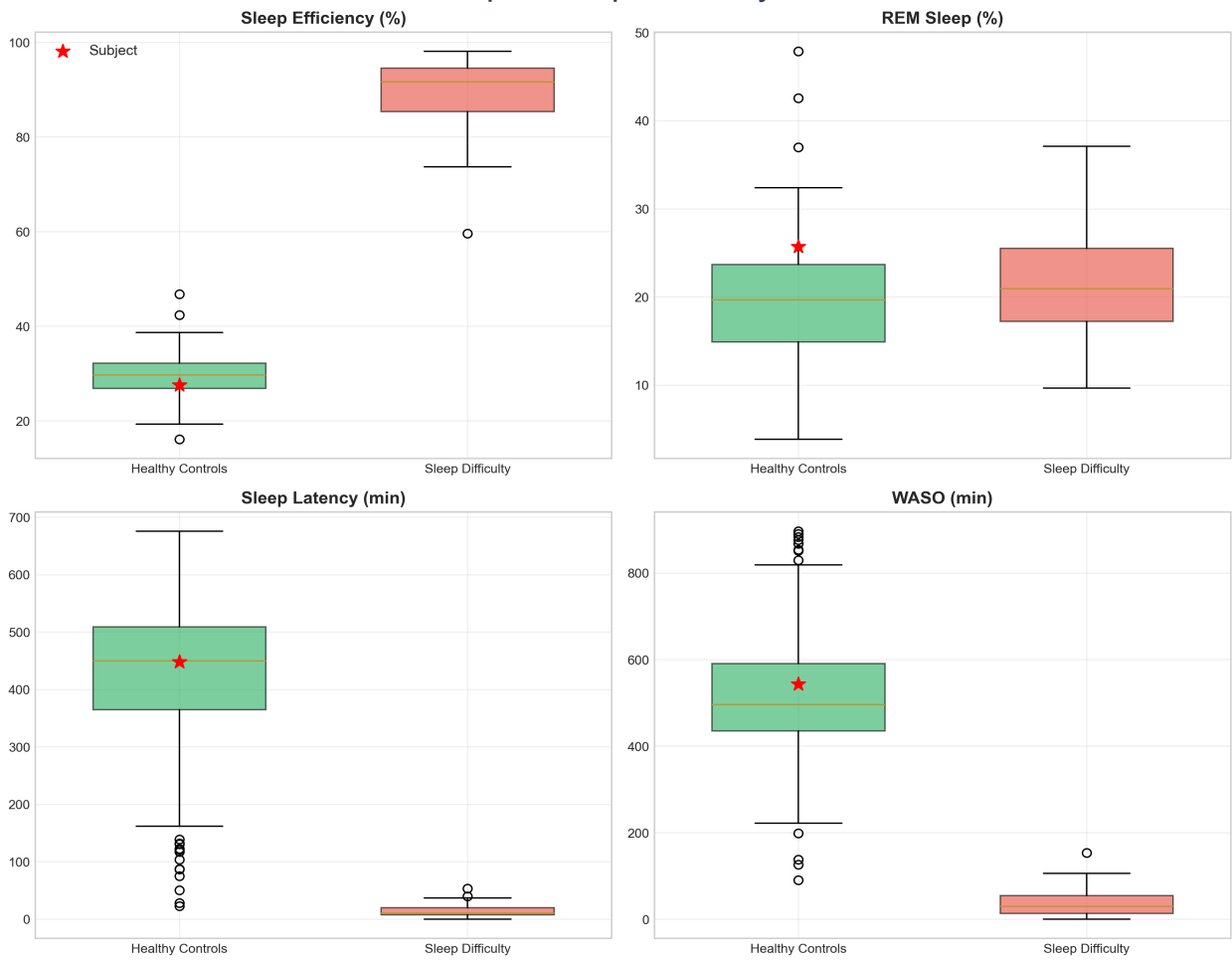


Signal Quality & Physiological Assessment



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: 27.6% (Below normal)
- REM Sleep: 25.7% (Atypical)
- Deep Sleep: 12.0% (Reduced)
- Sleep Continuity: Fragmented (WASO: 543.2 min)

Key Findings

- **Reduced Sleep Efficiency:** At 27.6%, sleep efficiency is below the normal threshold of 85%, indicating potential sleep quality issues.
- **Elevated REM Sleep:** REM sleep comprises 25.7% of total sleep, which is above the typical range of 20-25%.
- **Reduced Deep Sleep:** Deep sleep stages (N3+N4) comprise 12.0% 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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