

Individual Sleep Analysis Report

Subject ID: 20 | Healthy Control Study

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

Subject Information

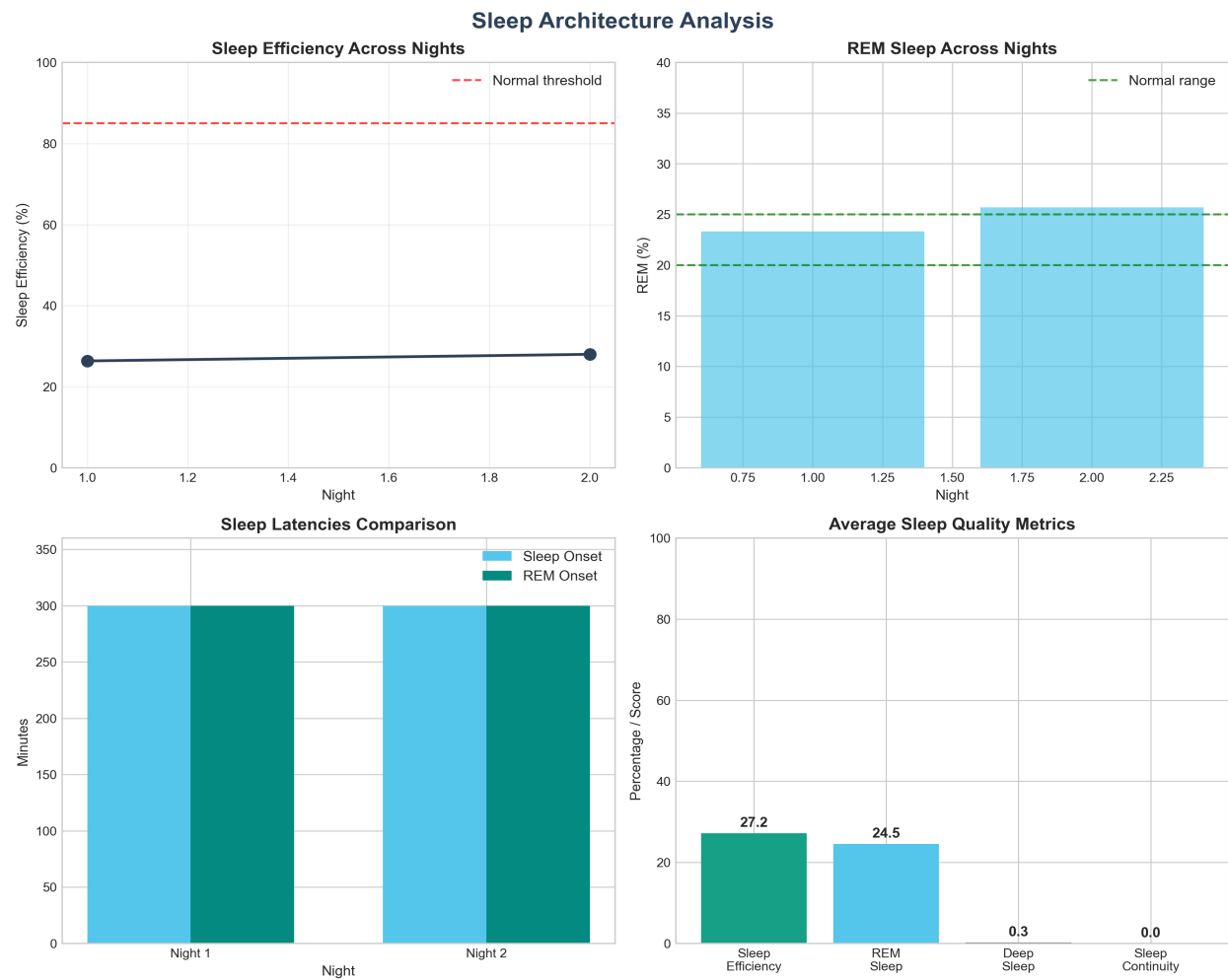
Subject ID	20
Age	51 years
Sex	F
Study Type	Healthy Controls
Number of Nights	2
Recording Dates	Multiple nights

Executive Summary

This report presents a comprehensive analysis of 2 night polysomnographic recordings for Subject 20, a 51-year-old F participant from the Sleep Cassette (healthy controls) study under nan condition.

Metric	Value	Clinical Interpretation
Sleep Efficiency	27.2%	Below Normal (<85%)
Sleep Latency	428.0 min	Prolonged (>30min)
REM Latency	539.8 min	Atypical
REM Sleep	24.5%	Normal (20-25%)
Wake After Sleep Onset	549.0 min	Elevated (>30min)

Sleep Architecture Analysis

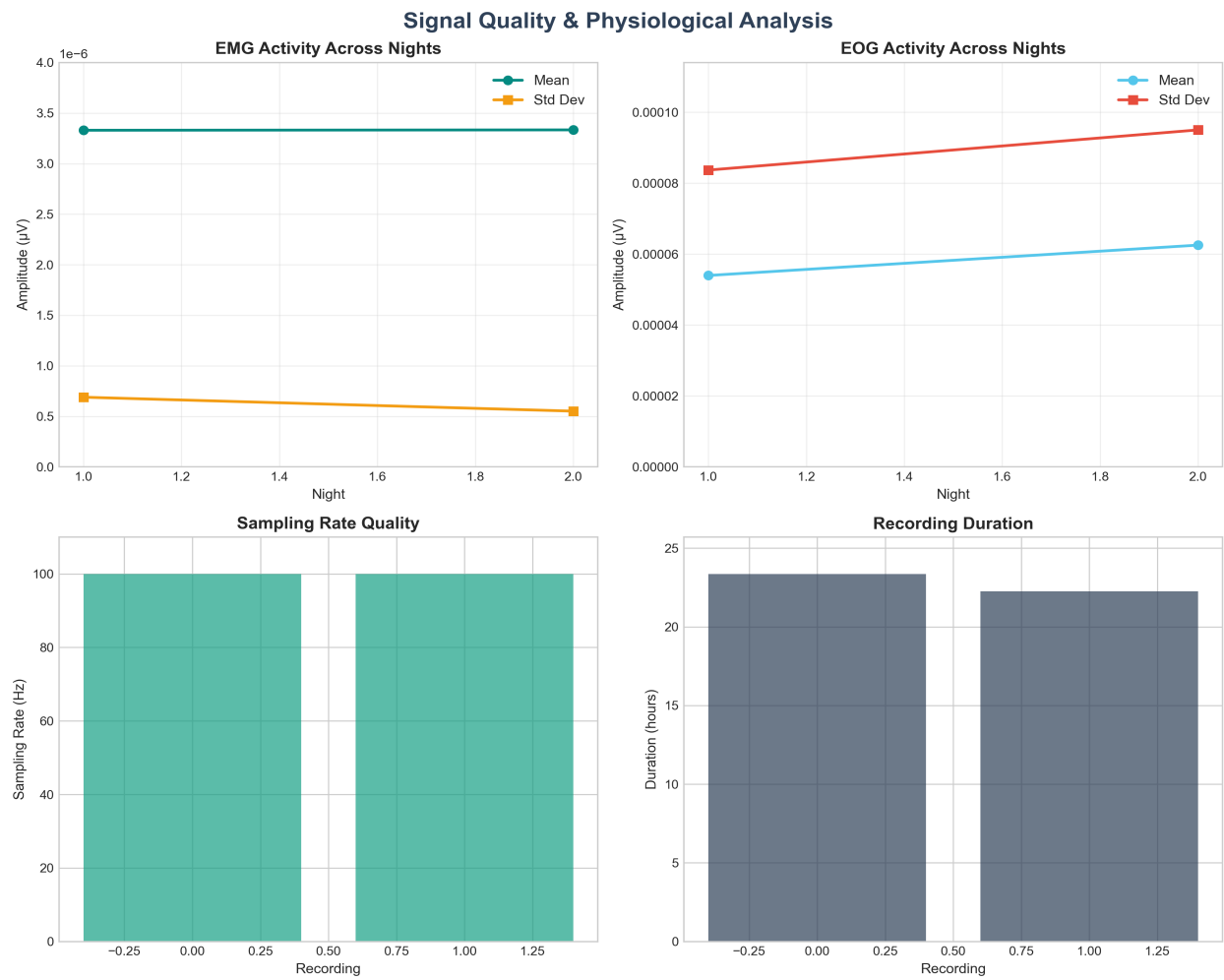


Neurophysiological Analysis - EEG Power Spectrum

EEG Power Spectral Analysis

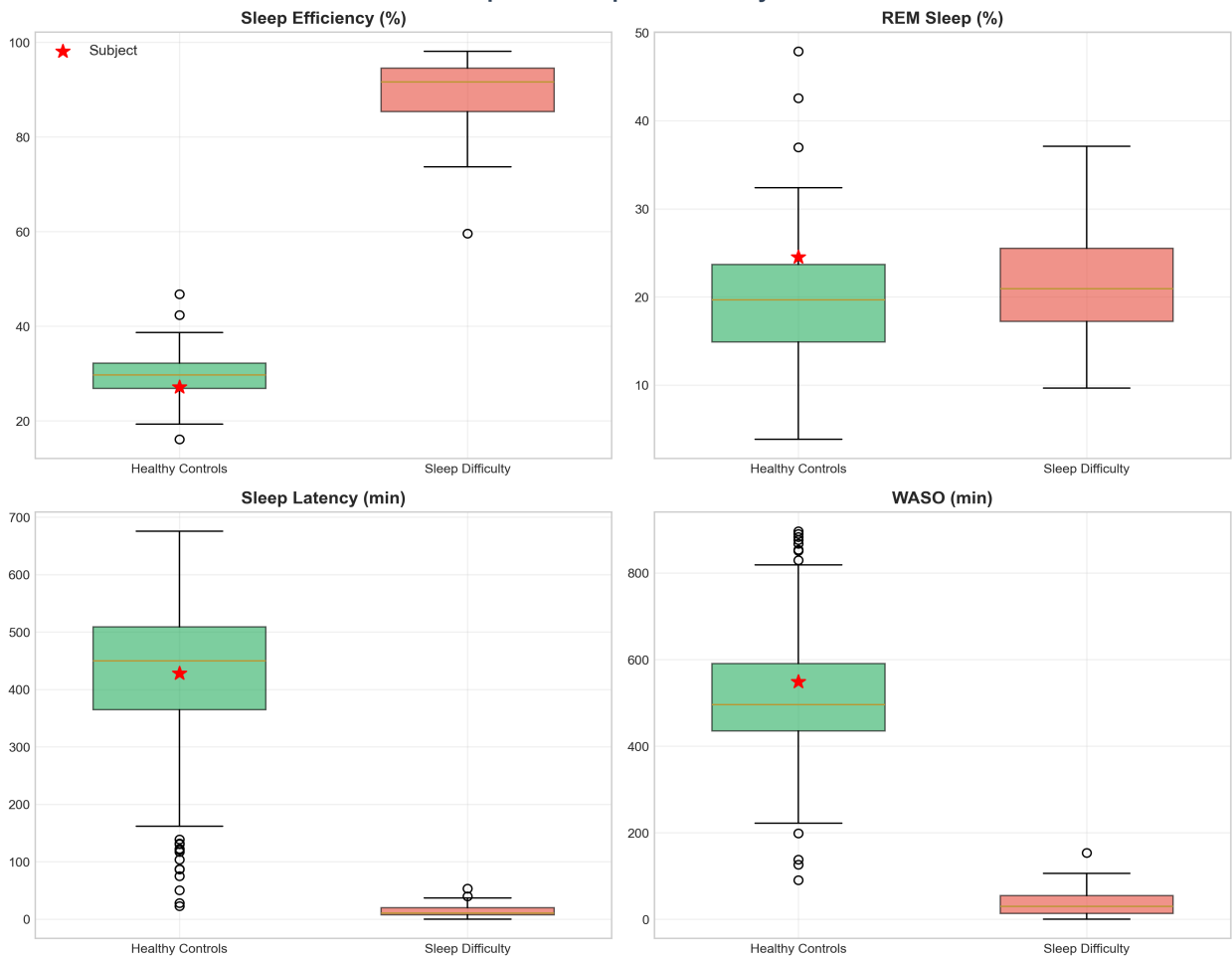


Signal Quality & Physiological Assessment



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: 27.2% (Below normal)
- REM Sleep: 24.5% (Normal)
- Deep Sleep: 0.3% (Reduced)
- Sleep Continuity: Fragmented (WASO: 549.0 min)

Key Findings

- **Reduced Sleep Efficiency:** At 27.2%, sleep efficiency is below the normal threshold of 85%, indicating potential sleep quality issues.
- **Normal REM Sleep:** REM sleep comprises 24.5% of total sleep, which is within the normal range.
- **Reduced Deep Sleep:** Deep sleep stages (N3+N4) comprise 0.3% 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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