

Individual Sleep Analysis Report

Subject ID: 19 | Sleep Difficulty Study

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

Subject Information

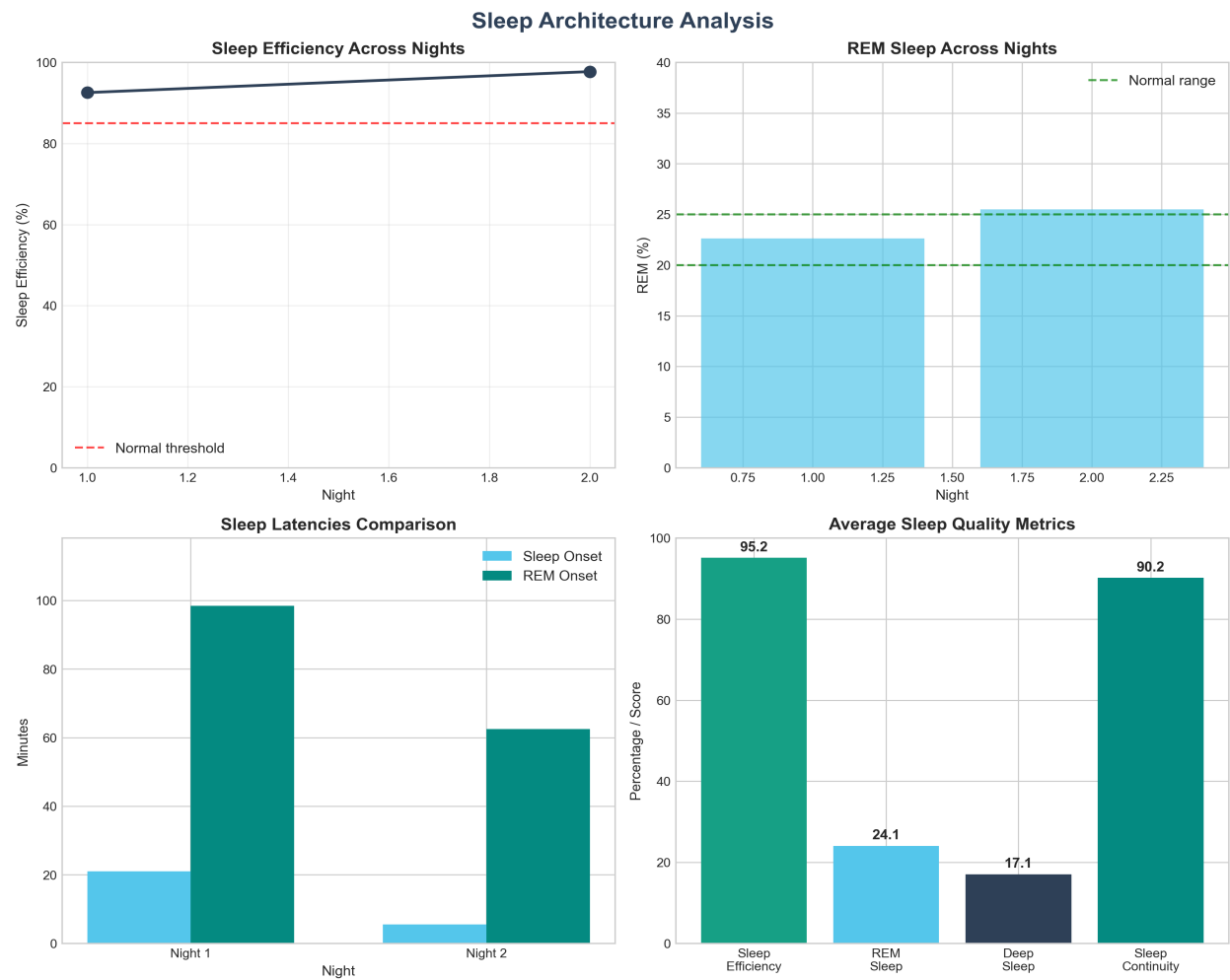
Subject ID	19
Age	28 years
Sex	F
Study Type	Sleep Difficulty
Number of Nights	2
Recording Dates	Multiple nights
Study Conditions	temazepam, placebo

Executive Summary

This report presents a comprehensive analysis of 2 night polysomnographic recordings for Subject 19, a 28-year-old F participant from the Sleep Telemetry (sleep difficulty) study under temazepam and placebo conditions.

Metric	Value	Clinical Interpretation
Sleep Efficiency	95.2%	Normal ($\geq 85\%$)
Sleep Latency	13.2 min	Normal ($\leq 30\text{min}$)
REM Latency	80.5 min	Normal (60-120min)
REM Sleep	24.1%	Normal (20-25%)
Wake After Sleep Onset	9.8 min	Normal ($\leq 30\text{min}$)

Sleep Architecture Analysis

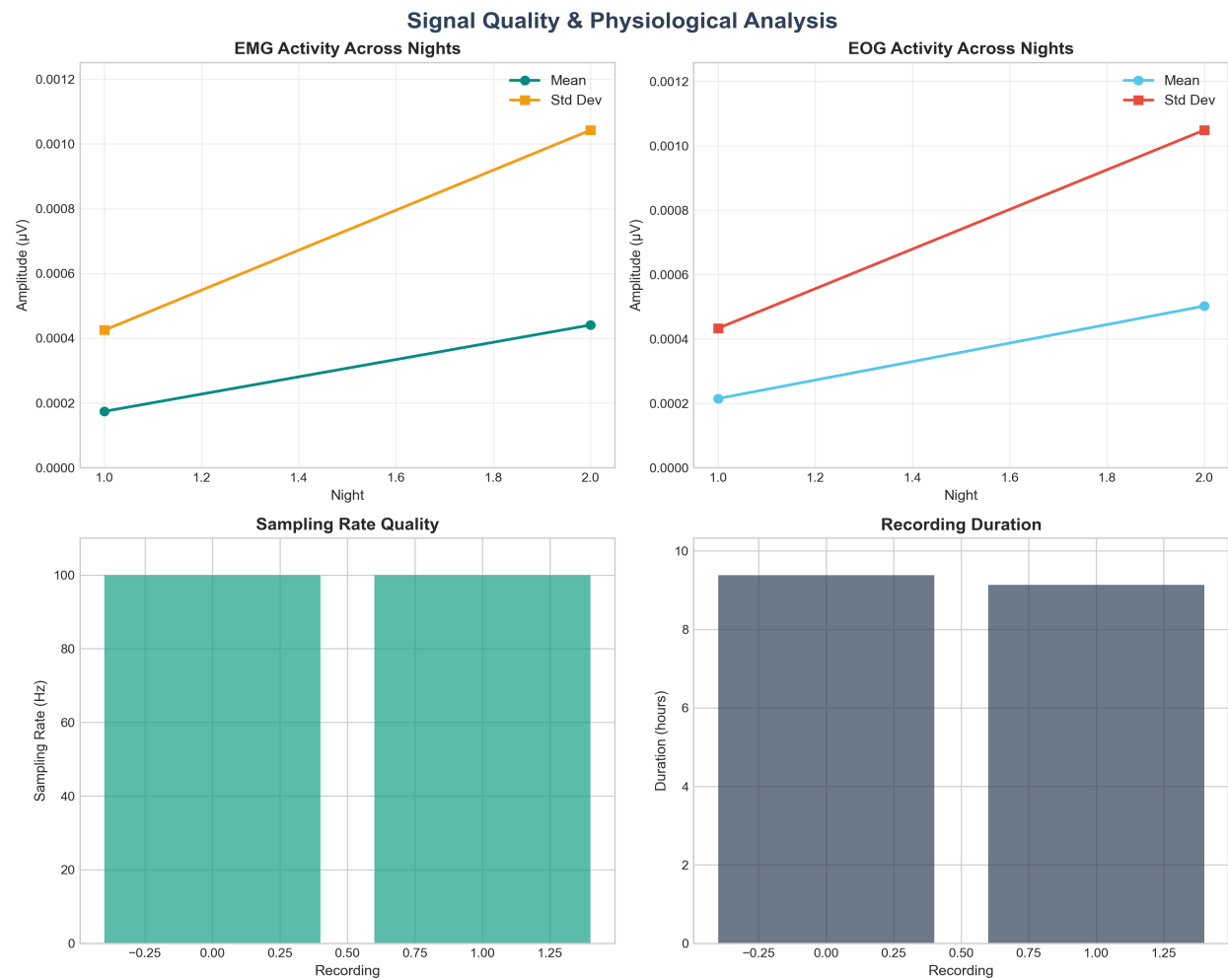


Neurophysiological Analysis - EEG Power Spectrum

EEG Power Spectral Analysis

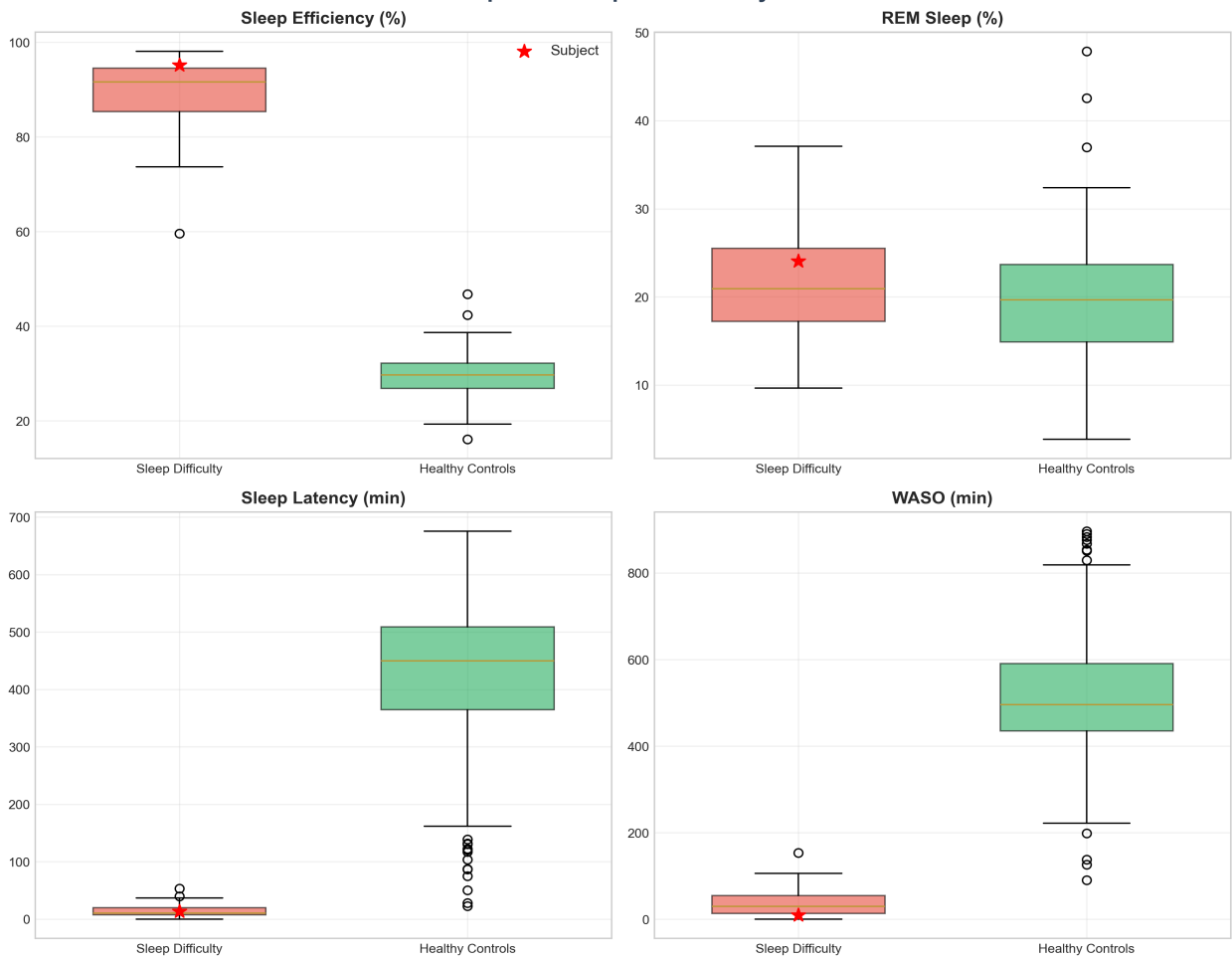


Signal Quality & Physiological Assessment



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: 95.2% (Normal)
- REM Sleep: 24.1% (Normal)
- Deep Sleep: 17.1% (Adequate)
- Sleep Continuity: Good (WASO: 9.8 min)

Key Findings

- **Good Sleep Efficiency:** At 95.2%, sleep efficiency is within normal range, indicating good sleep quality.
- **Normal REM Sleep:** REM sleep comprises 24.1% of total sleep, which is within the normal range.
- **Adequate Deep Sleep:** Deep sleep stages comprise 17.1% of sleep, indicating good restorative sleep.
- **Medication Effect:** Temazepam reduced sleep efficiency by 5.2% compared to placebo night.

Recommendations

- Continue current sleep practices as sleep quality metrics are within normal ranges
- Maintain good sleep hygiene for continued sleep health

Report Analysis and Generation:

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