

# Individual Sleep Analysis Report

## Subject ID: 24 | Sleep Difficulty Study

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

### Subject Information

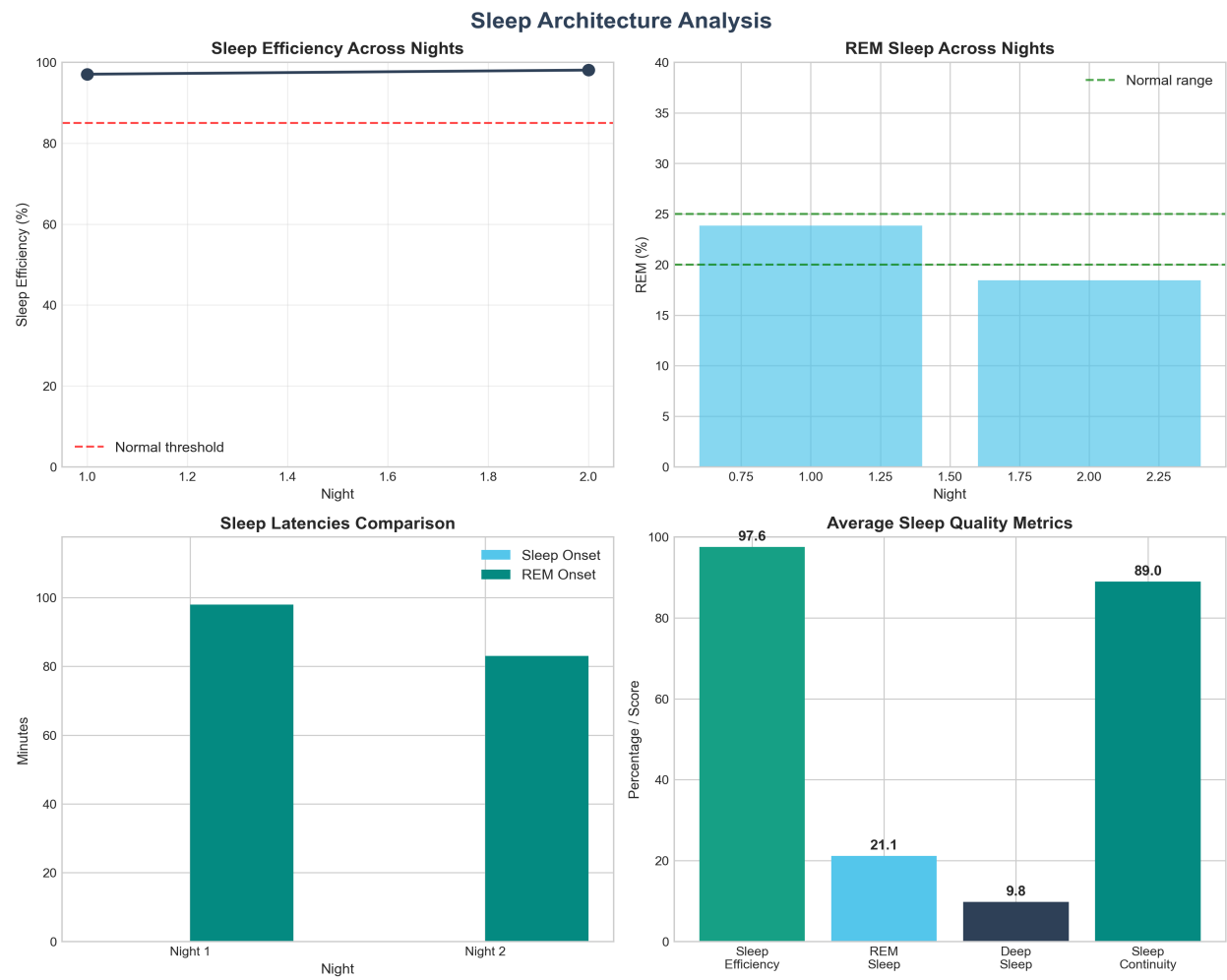
Subject ID	24
Age	48 years
Sex	F
Study Type	Sleep Difficulty
Number of Nights	2
Recording Dates	Multiple nights
Study Conditions	placebo, temazepam

### Executive Summary

This report presents a comprehensive analysis of 2 night polysomnographic recordings for Subject 24, a 48-year-old F participant from the Sleep Telemetry (sleep difficulty) study under placebo and temazepam conditions.

Metric	Value	Clinical Interpretation
Sleep Efficiency	97.6%	Normal ( $\geq 85\%$ )
Sleep Latency	0.0 min	Normal ( $\leq 30$ min)
REM Latency	90.5 min	Normal (60-120min)
REM Sleep	21.1%	Normal (20-25%)
Wake After Sleep Onset	11.0 min	Normal ( $\leq 30$ min)

# Sleep Architecture Analysis

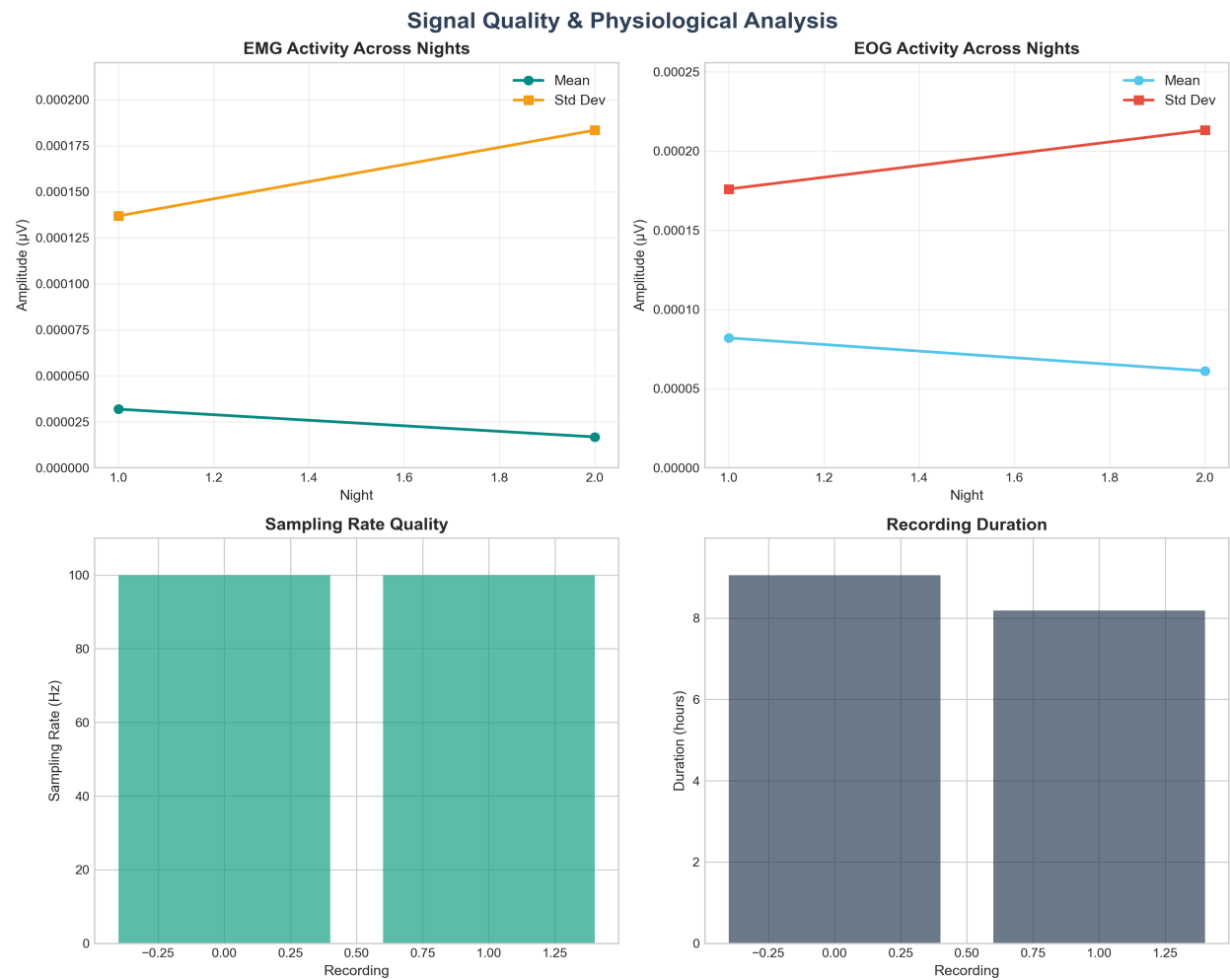


# Neurophysiological Analysis - EEG Power Spectrum

# EEG Power Spectral Analysis

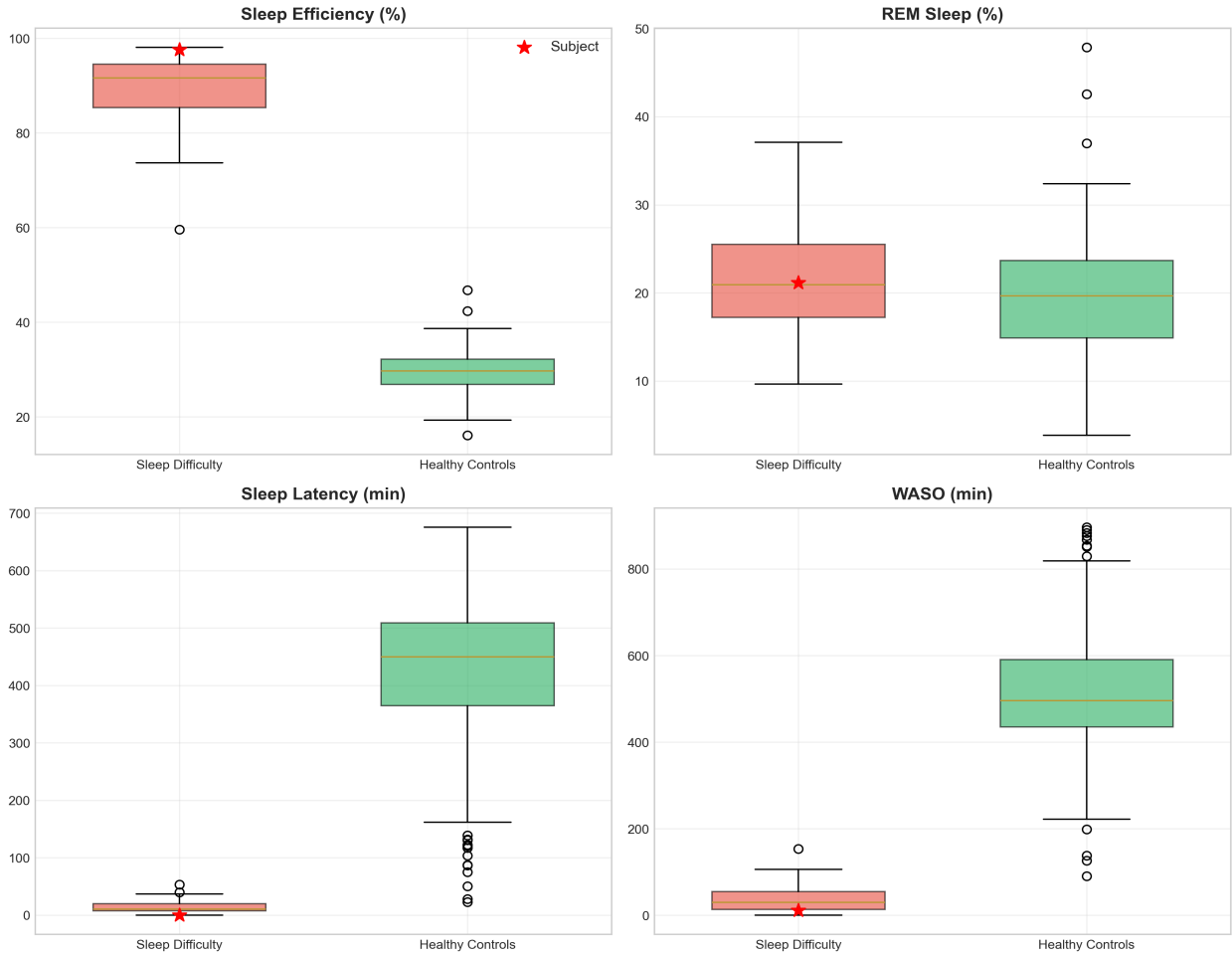


# Signal Quality & Physiological Assessment



## Population Comparative Analysis

Comparative Population Analysis



## Clinical Interpretation & Recommendations

### Overall Sleep Health Assessment

Sleep Quality Level: **GOOD**

Excellent to Good sleep quality with most metrics within normal ranges. The subject's sleep architecture shows:

- Sleep Efficiency: 97.6% (Normal)
- REM Sleep: 21.1% (Normal)
- Deep Sleep: 9.8% (Reduced)
- Sleep Continuity: Good (WASO: 11.0 min)

### Key Findings

- **Good Sleep Efficiency:** At 97.6%, sleep efficiency is within normal range, indicating good sleep quality.
- **Normal REM Sleep:** REM sleep comprises 21.1% of total sleep, which is within the normal range.
- **Reduced Deep Sleep:** Deep sleep stages (N3+N4) comprise 9.8% of sleep, which may indicate reduced sleep restoration.

### Recommendations

- Assess sleep environment and factors that may be disrupting deep sleep stages

#### Report Analysis and Generation:

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