

Individual Sleep Analysis Report

Subject ID: 21 | Sleep Difficulty Study

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

Subject Information

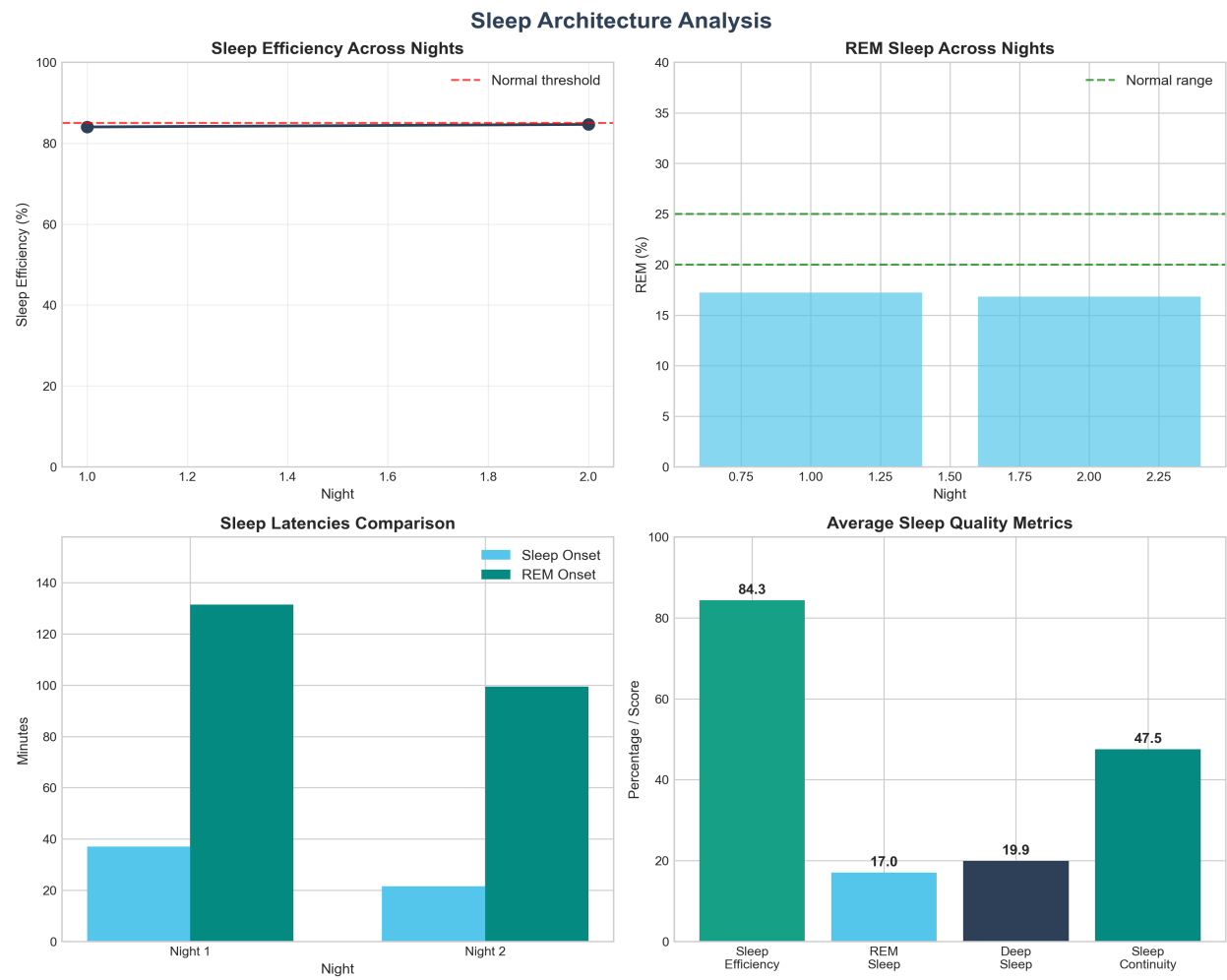
Subject ID	21
Age	34 years
Sex	F
Study Type	Sleep Difficulty
Number of Nights	2
Recording Dates	Multiple nights
Study Conditions	temazepam, placebo

Executive Summary

This report presents a comprehensive analysis of 2 night polysomnographic recordings for Subject 21, a 34-year-old F participant from the Sleep Telemetry (sleep difficulty) study under temazepam and placebo conditions.

Metric	Value	Clinical Interpretation
Sleep Efficiency	84.3%	Below Normal (<85%)
Sleep Latency	29.2 min	Normal (\leq 30min)
REM Latency	115.5 min	Normal (60-120min)
REM Sleep	17.0%	Atypical
Wake After Sleep Onset	52.5 min	Elevated (>30min)

Sleep Architecture Analysis



Neurophysiological Analysis - EEG Power Spectrum

EEG Power Spectral Analysis

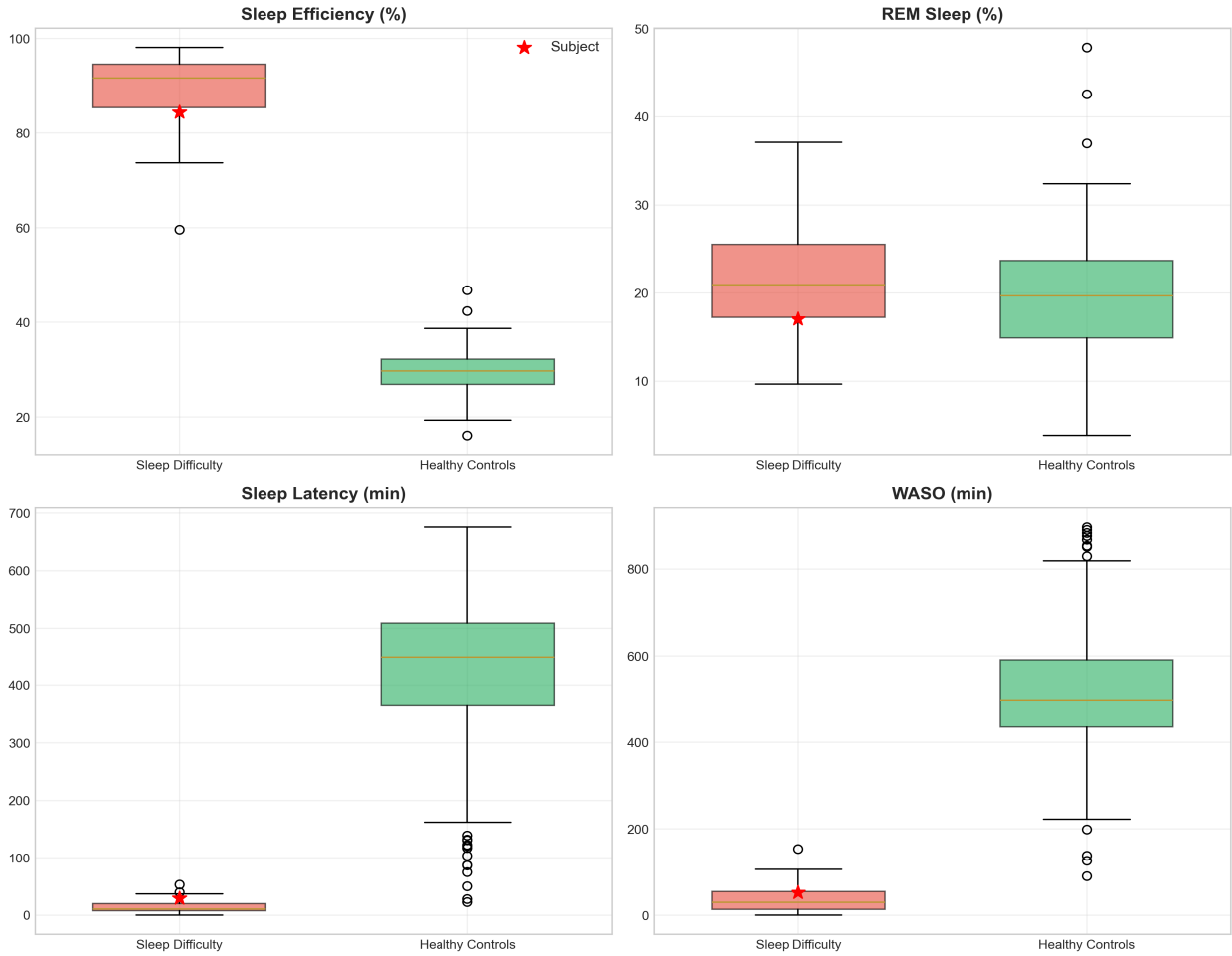


Signal Quality & Physiological Assessment



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: 84.3% (Below normal)
- REM Sleep: 17.0% (Atypical)
- Deep Sleep: 19.9% (Adequate)
- Sleep Continuity: Fragmented (WASO: 52.5 min)

Key Findings

- **Reduced Sleep Efficiency:** At 84.3%, sleep efficiency is below the normal threshold of 85%, indicating potential sleep quality issues.
- **Reduced REM Sleep:** REM sleep comprises 17.0% of total sleep, which is below the normal range of 20-25%.
- **Adequate Deep Sleep:** Deep sleep stages comprise 19.9% of sleep, indicating good restorative sleep.

Recommendations

- Consider sleep hygiene counseling and evaluation of factors affecting sleep quality
- 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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