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**Titration Report**

**Name:**   
**MRN:**  H   
**DOB:** 06/

**MONTAGE**:    
This study was conducted in compliance with current AASM standards.  EEG (F3-M2, F4-M1, C3-M2, C4-M1, O1-M2, O2-M1), EOG (ROC-M1, LOC-M2), EMG (sub-mental and mental), snoring (microphone), nasal pressure transducer and nasal/oral airflow (thermocouple) for diagnostic study or CPAP flow signal for titration study, chest and abdominal respiratory excursion (inductance plethysmography), oximetry, EKG, limb EMG (RAT, LAT), and body position 

**DEFINITIONS:**   
**Apnea** drop in the peak signal excursion by ≥ 90% of pre-event baseline for ≥10 seconds.   
**Hypopnea:** drop in the peak signal excursion by ≥ 30% for ≥10 seconds associated with a:    
**1A. AASM preferred hypopnea rule:** ≥ 3% oxygen desaturation from pre-event baseline or an arousal.   
    Assume all hypopnea and AHI are scored to Rule 1A criteria unless otherwise specified.      
**1B. AASM acceptable hypopnea rule:** ≥ 4%oxygendesaturation from pre-event baseline.   
**Respiratory Effort-Related Arousal (RERA):** a sequence of breaths lasting ≥10 seconds characterized by flattening of the inspiratory portion of the flow waveform leading to arousal.    
**Apnea-hypopnea Index (AHI)** = (#apneas + #hypopneas) x 60/ total sleep time.    
**Respiratory Disturbance Index (RDI)** = (#apneas + #hypopneas + #RERAs) x (60/ total sleep time).

**PATIENT IDENTIFICATION:**   
Donovan Shephard is a 17 year old Male with a BMI of 45 and history of N/A.



**SUBJECTIVE:**   
The patient rated sleep quality during sleep study as **BLANK**

The patient rated experience with PAP as **BLANK**

The patient tried [MASK] and tolerated PAP trial.

**SLEEP ARCHITECTURE**  

* Time at light off was 9:36:59 PM
* Time at lights on was 5:20:51 AM
* Total recording time (TRT) was 463.9 minutes
* Total sleep time was (TST)  397.7 minutes
* Wake after sleep onset (WASO) was 61.5 minutes
* Sleep efficiency was 85.7%
* Sleep onset latency was 4.7 minutes
* REM latency was 128.0 minutes
* Percent of sleep time in stage N1 was 10.3%
* Percent of sleep time in stage N2 was 66.3%
* Percent of sleep time in stage N3 was 8.0%
* Percent of sleep time in stage REM was 15.34%
* Arousal Index for this titration study was 22.8/hour

**RESPIRATORY PARAMETERS**

* **Respiratory disturbance index (RDI) was 27.2** consisting of total 171 hypopnea, 6 obstructive apneas, 0 mixed apneas, and 0.2 central apneas and 2 RERAs
* **AHI (1A) was 26.9**
* AHI (1B) was 5.1
* Central Apnea Index was 0.2
* Obstructive Apnea Index was 0.9, Mixed Apnea Index was 0, and RERA Index was 0.3
* Supine AHI was 28.1
* Non-Supine AHI was 25.06
* REM AHI was 43.3
* NREM AHI was 23.9
* Mean SpO2 93.3%, and nadir SpO2 was 84.0%
* Oxygen Desaturation Index (ODI) 3% was 14.9
* Oxygen Desaturation Index (ODI) 4% was 5.3
* Time spent < 90% was 4.1 minutes
* Time spent ≤ 88% was 0.9 minutes
* Snoring was noted by technician as moderate
* Cheyne stokes breathing was not observed



**TITRATION**

* Optimal Pressure was
* CPAP was titrated at pressures
* **MASK** was used
* Mask air leak was **X**

**LIMB MOVEMENTS**

* The periodic limb movement index was 0.5/hour

**ECG**

* Cardiac rhythm was sinus rhythm
* Abnormalities noted: None
* Mean heart rate during sleep was 77.6 bpm

**IMPRESSIONS**

* Moderate Obstructive Sleep Apnea (OSA)
* No significant periodic leg movements (PLMs) during sleep.

   
**RECOMMENDATIONS**

* Therapeutic CPAP titration to determine optimal pressure required to alleviate sleep disordered breathing.
* Weight management and regular exercise should be initiated or continued.

**SIGNATURE**