



Phone: 813-831-2727 / 888-710-2727
Fax: 813-313-5933

At Home Sleep Study



HISTORY: The patient has undergone diagnostic polysomnography to be evaluated for sleep apnea.

PROCEDURE IN DETAIL: The patient underwent overnight home monitoring that included a continuous recording of airflow, respiratory effort, sleep time, heart rate and oximetry. Apnea events were identified as a 10 or more second period of at least 80% reduced airflow. Hypopneas events were identified as a 10 or more second period of at least 30% reduced airflow and a 4 or more % drop in oxygen saturation. Obstructive apnea events show an effort to breathe; central events show no effort to breathe.

STUDY OVERVIEW: The study was performed on 4/3/2023. The recording was started at 11:10 PM and ended at 7:17 AM for a total recording duration of 8 hours and 7 minutes. Total sleep time was 2 h 57 min.

RESPIRATORY EVENT SUMMARY: The patient had 4 apneas, there are 4 obstructive, 0 unclassified, 0 central and 0 mixed apneas; and 57 hypopneas for a combined apnea-hypopnea index (AHI) of 20.7 respiratory events per hour. There were 1799 snoring events recorded.

OXYGENATION: The patient's average oxygen saturation was 91, and the lowest saturation was 81%. There were 36.03 minutes (20.4%) below 90% saturation. There were 2.18 minutes (1.2%) below 85% saturation.

PULSE RATE: The patient had a minimum heart rate of 46 beats/minute, a maximum heart rate of 77 beats/minute; and an average heart rate of 61 beats/minute.

OVERALL IMPRESSION: Moderate obstructive sleep apnea (G47.33).

RECOMMENDATION: The patient will benefit from treatment of obstructive sleep apnea. AutoPAP/CPAP/BIPAP therapy is generally the most effective form of therapy and is suggested in this case. There are other therapeutic options including mandibular advancement devices, and surgical procedures, and these would have to be discussed in detail before their application.

Consider initiating treatment with automatic positive airway pressure (auto-PAP) with heated humidification, pressure between 4 to 20 cmH₂O, and mask of the patient's choice. Compliance card analysis for the compliance and adequacy of AutoPAP/CPAP treatment is warranted in 4-6 weeks.

- I. Advise the patient to exercise caution while driving a motor vehicle at all times.

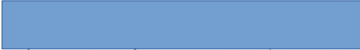


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2. Avoid evening sedatives, hypnotics and alcohol before going to bed.
3. Maintenance of ideal weight recommended.
4. If an overnight stay in the hospital is required, patient should use their APAP/CPAP machine.
5. If patient ever requires surgery, patient should inform their anesthesiologist about their diagnosis of sleep apnea.
6. Alternatives to PAP therapy, which include: ENT evaluation, mandibular advancement device in the event of PAP non-compliance/failure, weight loss, or airway enlargement procedures in cases of maxillofacial skeletal deformity, should be discussed with the patient.

A handwritten signature in black ink, appearing to read "John C. [unclear]".

Thank you for allowing Blackstone to be a partner in providing quality healthcare.



JA/AD

THIS DOCUMENT HAS BEEN ELECTRONICALLY SIGNED

April 6, 2023 10:06 AM



Phone: 813-831-2727 / 888-710-2727
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Treating Physician: FRANK SORLAGE MD

Patient Data

First Name
Last Name
DOB



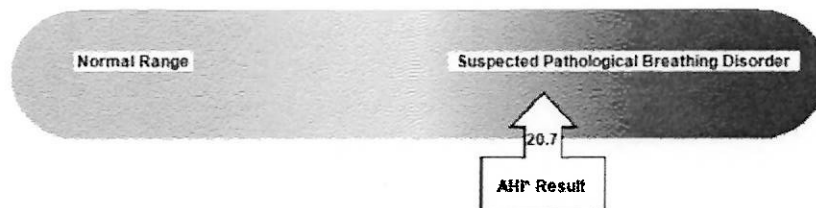
Height 5 ft 0 in
Weight 137 lbs
BMI 26.76 kg/m²

Recording

Date 4.3.2023
Start 11:10 PM
End 7:17 AM
Duration 8 h 7 min

Evaluation

Start 11:10 PM
End 7:18 AM
Duration 8 h 8 min



*See Clinical Guid for abbreviations and ResMed standard parameters

Analysis (Flow evaluation period: 8 h 8 min / Total Sleep Time: 2 h 57 min)

Indices		Normal	Result	
AHI	20.7	< 5 / h	Average breaths per minute	5.09
RI	13.4		Deaths	2340
Apnea Index	1.4	< 5 / h	Apneas	4
UAI	0		Unclassified apneas	0 (0%)
OAI	1.4		Obstructive apneas	4 (100%)
CAI	0		Central apneas	0 (0%)
MAI	0		Mixed apneas	0 (0%)
Hypopnea Index			Hypopneas	57
			Snoring Events	1799
ODI Oxygen Desaturation Index	18.6	< 5 / h	No. of desaturations	55
Average Saturation	91	94% - 98%	Saturation <= 90%	36.03 (20.4%)
Lowest Saturation	81		Saturation <= 85%	2.18 (1.2%)
Baseline Saturation	84	90% - 98%	Saturation <= 80%	0 (0%)
		%	Saturation <= 89%	21.7 (12.3%)
Minimum Pulse	46	< 40 bpm		
Maximum Pulse	77	< 90 bpm		
Average Pulse	61	bpm		

Analysis Status: Analyzed Automatically
Analysis parameters used (Default)