

SPLIT NIGHT REPORT MONITORING SLEEP DISORDERS CENTER

Name: [REDACTED]
 DOB: [REDACTED]
 Height: 5'11" Weight: 222.0 lbs
 Physician(s): Rebecca Hoffman, MD
 Type of Test: SPLIT NIGHT
 Chief Complaint: Snoring, apnea noted

Study Date: 2/22/2023
 Gender: Male
 BMI: 30.8

Medical Record #: [REDACTED]
 Sleep Specialist: [REDACTED]
 Scoring Technician: Jeanne RPSGT

Medications: cinnamon milk thistle, fish oil, sita vas, lisinopril, hydrochlorothiazide, glucosamine, aspirin 81 mg, ipratropium bromide

The PSG (polysomnogram) the continuous and simultaneous monitoring and recording of the physiologic parameters of sleep for six or more hours with a physician review and interpretation. The following parameters were used: F3-M2, F4-M1, C3-M2, C4-M1, O2-M1, O2-M2, R-O2-M1, LOC-M2, ChinEMG, R-AT, A-T, nasal pressure, thermistor nose sensor RIP (chest, abdomen), pulse oximetry, body position. All scoring follows the recommendation of the American Academy of Sleep Medicine (AASM) (Apnea-Hypopnea Index) is the number of apneas and hypopneas with at least 4% desaturation per hour of sleep. CMS requires Central hypopnea 30-90% reduction in oronasal flow for at least 10 seconds, associated with 30-90% phase reduction of thoracic downward followed by oxygen desaturation of at least 4%. The event should not be scored as central if the preponderance of increase in submental EMG activity.

Full Night Recorded in Time (TIB): 487:55 min.

DIAGNOSTIC SECTION

SLEEP STAGE SUMMARY:

Lights Out: 10:17:01 PM Latency to Sleep: 85.22 min. Total Sleep Time: 126.55 min.
 Lights On: 03:00:05 AM Latency to R: 162.00 min. Wake after S.O.: 72.00 min.
 Total Recorded Time (TIB): 283.77 min. Sleep Efficiency: 44.66%

STAGES

Minutes	% TST	Normal
N1 14.00	11.11%	2-5%
N2 89.55	70.88%	45-55%
N3 21.00	16.66%	13-23%
R 2.0	1.6%	20-25%
Total 126.55	100	

*normal values are based on 7.5 hours of sleep in a young adult without sleep complaint

RESPIRATORY SUMMARY:

Total AHI: 16.11

Event Type	Number	Index	Body Position	Minutes
Obstructive Apnea	-	-	Supine	-
Mixed Apnea	-	-	Left	126.55
Central Apnea	-	-	Right	-
Obstructive Hypopnea	34	16.11	Prone	-
Central Hypopnea	-	-		
Apnea + Hypopnea	34	16.11		
			AHI in R Sleep:	30.00

AROUSAL SUMMARY:

Count	Index
Total Number of Arousal: 51	24.22
Respiratory Disturbance Arousal: 16	7.6
PLM arousals: 5	2.4
Spontaneous arousal: 27	12.88
RERAs: 9	4.3

PERIODIC LIMB MOVEMENT SUMMARY

Total # of PLMs	238
Total # of PLM in Sleep	238
PLMs Index in Sleep	112.99

OXIMETRY SUMMARY:

The lowest desaturation was: 88.4%
 The mean SpO2 was: 92.6%
 Minutes SpO2 < 88% (2.8% of TIB)

Oxygen Distribution:

	100-95	95-90	90-85	85-80	80-75	75-70	70-65	65-60	60-55	55-50
Minutes	13.55	247.44	21.88	0.4	-	-	-	-	-	-
% of Time	4.8%	87.44%	7.7%	0.1%	-	-	-	-	-	-

TITRATION SECTION

SLEEP STAGE SUMMARY:

Lights Out: 03:00:050 AM Latency to Sleep: 68.00 min. Total Sleep Time: 81.00 min.
 Lights On: 06:24:242 AM Latency to R: 38.55 min. Wake after S. O.: 54.55 min.
 Total Recorded Time (TIB) 203.99 min. Sleep Efficiency: 39.77%

STAGES	Minutes	% TST	Normal	*normal values are based on 7.5-8.5 hours of sleep in a young adult without sleep complaint
N1	8.0	9.9%	2-5%	
N2	53.55	66.00%	45-55%	
N3	7.5	9.3%	13-23%	
R	12.00	14.88%	20-25%	
Total	81.00	100		

RESPIRATORY SUMMARY:

Total AHI: 5.9

Event Type	Number	Index	Body Position	Minutes
Obstructive Apnea	-	-	Supine	-
Mixed Apnea	-	-	Left	40.00
Central Apnea	-	-	Right	41.00
Obstructive Hypopnea	8	5.99	Prone	-
Central Hypopnea	-	-		
Apnea + Hypopnea	8	5.99		
			AHI Supine:	-
			AHI Left:	10.55
			AHI Right:	1.5
			AHI Prone:	-
			% Central Ev:	-
			OAHl:	5.9
			AHI in R Sleep:	5.0

AROUSAL SUMMARY:

Count	Index
15	11.11
-	-
1	0.7
14	10.44
2	1.5

PERIODIC LIMB MOVEMENTS SUMMARY

Total # of PLMs	75
Total # of PLM in Sleep	75
PLMs Index in Sleep	55.66

OXIMETRY SUMMARY:

The lowest desaturation was 86.0%
 The mean SpO2 was 94.0%
 Minutes SpO2 < 88% (2.8% of TIB)

Oxygen Distribution:

	100-95	95-90	90-85	85-80	80-75	75-70	70-65	65-60	60-55	55-50
Minutes	49.77	146.11	7.2	-	-	-	-	-	-	-
% of Time	24.55%	72.00%	3.5%	-	-	-	-	-	-	-

CARDIAC EVENTS (if highlighted):

Average HR during sleep: 74.77
 Minimum HR during sleep: 60.00
 Minimum HR during recording: 60.30
 Highest HR during sleep: 97.00
 Highest HR during recording: 109.00

Y/N	Event Type	Lowest rate
N	Bradycardia	71
N	Asystole	Longest pause:-
N	Sinus tachycardia during sleep	Highest rate:-
N	Narrow complex tachycardia	Highest rate:-
N	Wide complex tachycardia	Highest rate:-
Y	Atrial fibrillation	Lowest rate: 60
Y	Pacemaker	
N	Other	

CUMULATIVE CPAP SUMMARY:

PAP * Level	Time (min)	TST (min)	REM (min)	REM Supine	NRE M (min)	Sleep Eff%	OA Index	CA Events	CA Index	OH Index	CH Index	A+H Events	Total AHI	Ar. Index	LM Index	OSat $\leq 88\%$	Min OSat
Off	284.0	126.5	2.0	0.0	124.5	44.55%	-	-	-	15.77	-	33	15.77	21.88	114.3	1.00	84.00
7*	7.0	0.0	0.0		0.0	0.0%	-	-	-	-	-	-	-	-	-	0.00	94.00
8*	55.00	0.0	0.0		0.0	0.0%	-	-	-	-	-	-	-	-	-	0.00	88.00
10*	8.0	1.5	0.0		1.5	18.88%	-	-	-	-	-	-	-	-	-	0.00	90.00
12*	17.00	7.0	0.0		7.0	41.22%	-	-	-	34.33	-	4	34.33	17.11	-	0.11	88.00
13*	79.00	35.55	12.00	0.0	23.55	44.99%	-	-	-	3.4	-	2	3.44	6.8	3.4	0.00	86.00
14*	38.00	37.00	0.0		37.00	97.44%	-	-	-	1.6	-	1	1.66	6.5	123.2	0.00	89.00

* = CPAP

Note: Bilevel P/BEP/Rate, ASV/ASV/MinPS/MaxPS;

CRONOLOGICAL CPAP SUMMARY:

PAP * Level	Time (min)	TST (min)	REM (min)	REM Supine	NRE M (min)	Sleep Eff%	OA Index	CA Events	CA Index	OH Index	CH Index	A+H Events	Total AHI	Ar. Index	LM Index	OSat $\leq 88\%$	Min OSat
Off	284.0	126.5	2.0	0.0	124.5	44.55%	-	-	-	15.77	-	33	15.77	21.88	114.3	1.00	84.00
7*	7.0	0.0	0.0		0.0	0.0%	-	-	-	-	-	-	-	-	-	0.00	94.00
8*	55.00	0.0	0.0		0.0	0.0%	-	-	-	-	-	-	-	-	-	0.00	88.00
10*	8.0	1.5	0.0		1.5	18.88%	-	-	-	-	-	-	-	-	-	0.00	90.00
12*	17.00	7.0	0.0		7.0	41.22%	-	-	-	34.33	-	4	34.33	17.11	-	0.11	88.00
13*	79.00	35.55	12.00	0.0	23.55	44.99%	-	-	-	3.4	-	2	3.44	6.8	3.4	0.00	86.00
14*	38.00	37.00	0.0		37.00	97.44%	-	-	-	1.6	-	1	1.66	6.5	123.2	0.00	89.00

* = CPAP

Note: Bilevel P/BEP/Rate, ASV/ASV/MinPS/MaxPS;

ACQUIRING TECHNOLOGIST: Joe Lane RPSGT

ACQUIRING TECHNOLOGIST SUMMARY: SEE TECHNOLOGIST REPORT IN PATIENTS SLIVER OR ENTERPRISE

Epworth Sleepiness Scale: 6

Pain Assessment: 0

SCORING TECHNOLOGIST: Joe Lane RPSGT

SCORING TECHNOLOGIST SUMMARY: This was a split night study. He slept on his left and right side and respiratory events were not. CPAP was started and titrated to 24 cm H₂O. He used a medium Viter. He reported that his sleep in the lab was worse than usual. RL and DME.

