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| **國立成功大學附設醫院**  **多頻睡眠生理檢查報告**  **《依據2020年美國睡眠醫學學會判讀標準》** | | | | | | | | | | | | | | | | | | |
| **Patient Information：** | | | | | | | **Study Date：{e1}**, | | | | | | | **單號：{e2}** | | | | |
| Name：{e3}, | Age：{e4}, | | | Patient ID：{e5}, | | | | | | Sex：{e6}, | | | | | | DOB：{e7}, | | |
| Height：{e8},cm | Weight：{e9},kg | | | BMI：{e10}, | | | | | Neck：{e11},cm | | | | Waist：{e12},cm | | | | | Hip：{e13},cm |
| HADS(A/D)：{e14}, | ESS：{e15}, | | | PSQI：{e16}, | | | | | SOS：{e17}, | | | | THI：{e18}, | | | | | GERD-Q：{e19}, |
| WHO(Phy./Psy.)：{e20}, | | BP(S)：{e21},mmHg | | | | BP(W)：{e22},mmHg | | | | | | Subjective sleep quality：{e23},分 | | | | | | |
| **Respiratory Disturbance Index：** | | | | | | | | | | | | | | | | | | |
| AHI：{e24},/h | | | AI：{e25},/h | | | | | HI：{e26},/h | | | | | | | OI：{e27},/h | | | |
| CI：{e28},/h | | | MI：{e29},/h | | | | | AHI(Supine)：{e30},/h | | | | | | | AHI(NSupine)：{e31},/h | | | |
| AHI(REM)：{e32},/h | | | AHI(NREM)：{e33},/h | | | | | AHI(Left)：{e34},/h | | | | | | | AHI(Right)：{e35},/h | | | |
| AHI(REM-Supine)：{e36}, | | | | | | | | AHI(REM-NSupine)：{e37}, | | | | | | | | | | |
| AHI(NREM-Supine)：{e38}, | | | | | | | | AHI(NREM-NSupine)：{e39}, | | | | | | | | | | |
| **Sleep Stage：**Start time at{e40} ；End time at{e41} | | | | | | | | | | | | | | | | | | |
| Total record time：{e42},min | | | | | | | | Total sleep period：{e43},min | | | | | | | | | | |
| Total sleep time：{e44},min | | | | | | | | Awake time：{e45},min | | | | | | | | | | |
| Stage 1：{e46},% | | | | | | | | REM：{e47},% | | | | | | | | | | |
| Stage 2：{e48},% | | | | | | | | Sleep Latency：{e49},min | | | | | | | | | | |
| Stage 3：{e50},% | | | | | | | | Efficiency：{e51},% | | | | | | | | | | |
| Arousal Index：{e52},/h | | | | | | | |  | | | | | | | | | | |
| **Events：** | | | | | | | | | | | | | | | | | | |
| Obstructive apnea：{e53},counts | | | | | | | | Total duration：{e54},min | | | | | | | | | | |
| Central apnea：{e55},counts | | | | | | | | Total duration：{e56},min | | | | | | | | | | |
| Mixed apnea：{e57},counts | | | | | | | | Total duration：{e58},min | | | | | | | | | | |
| Hypopnea：{e59},counts | | | | | | | | Total duration：{e60},min | | | | | | | | | | |
| Longest apnea：{e61},sec | | | | | | | | Longest hypopnea：{e62},sec | | | | | | | | | | |
| **Oxygen Saturation：** | | | | | | | | | | | | | | | | | | |
| Mean SpO2：{e63},% | | | | | | | | Mean desaturation：{e64},% | | | | | | | | | | |
| Minimum SpO2：{e65},% | | | | | | | | ODI：{e66},/h | | | | | | | | | | |
| **Snore：** | | | | | | | | | | | | | | | | | | |
| Total：{e67},counts | | | | | | | | Snore Index：{e68},/ hour | | | | | | | | | | |
| **Heart Rate Summary：** | | | | | | | | | | | | | | | | | | |
|  | | | | | **Sleep** | | | | | | **REM** | | | | | | **NREM** | |
| **Mean heart rate** | | | | | {e69}BPM | | | | | | {e70}BPM | | | | | | {e71}BPM | |
| **Lowest heart rate** | | | | | {e72}BPM | | | | | | {e73}BPM | | | | | | {e74}BPM | |
| **Highest heart rate** | | | | | {e75}BPM | | | | | | {e76}BPM | | | | | | {e77}BPM | |
| **Cardiac Profile：**heart rate | | | | | | | | | | | | | | | | | | |
| Mean Heart Rate：{e78},counts | | | | | | | | Minimum Heart Rate：{e79},counts | | | | | | | | | | |
| **Limb Movements Summary：** | | | | | | | | | | | | | | | | | | |
| **Total Number of Limb Movements** | | | | | REM：{e80}, | | | | | | NREM：{e81}, | | | | | | Total：{e82}, | |
| **Number of Periodic Leg Movements (PLM)** | | | | | REM：{e83}, | | | | | | NREM：{e84}, | | | | | | Total：{e85}, | |
| **PLM Index** | | | | | REM：{e86}, | | | | | | NREM：{e87}, | | | | | | Total：{e88}, | |
|  | | | | |  | | | | | |  | | | | | |  | |
|  | | | | |  | | | | | |  | | | | | |  | |

**Graphic summary**

**Baseline**

{%g1}

**Hypnogram**

{%g2}

**Respiratory Event Graph**

{%g3}

**Body Position**

{%g4}

**Heart Rate (BPM)**

{%g5}

**SaO2 Min/Max Graph**

{%g6}

**Sound**

{%g7}

**PLM**

{%g8}

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | | | | | | | | | | |
| **Friedman Stage:** | {}, | **Tonsil size:** | {}, | **Friedman tongue position:** | | | | | {}, | | |
| 1. 主述：睡眠片斷、入睡困難、失眠(需服藥)、偶爾打鼾、記憶力減退、易焦慮，故求診。 2. 病史：焦慮困擾、睡眠障礙之重度憂鬱症\_多年，成大醫院，服藥；背痛(多年，外院，曾復健)、梅尼爾氏症(3年前，台南醫院，曾服藥)。 3. 個案檢查當夜因鼻塞不適，致下半夜睡不著。 | | | | | | | | | | | |
|  | | | | | | **Technician:** | | {} | | {} | |
| **Diagnosis:** | | | | | | | | | | | |
| {} | | | | | | | | | | | |
|  | | | | | | | | | | | |
| {} | | | | | | | | | | | |
|  | | | | | **Physician:** | | {} 醫師 | | | | {} |

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| **國立成功大學附設醫院**  **多頻睡眠生理檢查報告**  **《依據2020年美國睡眠醫學學會判讀標準》** | | | | | | | | | | | | | | | | |
| **基本資料：** | | | | |  | | | | | **紀錄時間：{}** | | | | | | |
| 姓名：{} | | | 年齡：{} | | 病歷號：{} | | | | | 性別：{} | | | | | 生日：{} | |
| 身高：{} 公分 | | | 體重：{} 公斤 | | 體質量指數：{} | | | | | 頸圍：{} 公分 | | | | | 腰圍：{} 公分 | |
| 臀圍：{}公分 | | |  | | | | | | | | | | | | | |
| **呼吸障礙指數：** | | | | | | | | | | | | | | | | |
| 呼吸中止和淺呼吸指數：{}/小時 | | | | 呼吸中止指數：{}/小時 | | | | | | | 淺呼吸指數：{}/小時 | | | | | |
| 阻塞型呼吸中止指數：{}/小時 | | | | 中樞型呼吸中止指數：{}/小時 | | | | | | | 混合型呼吸中止指數：{}/小時 | | | | | |
| 呼吸中止和淺呼吸指數(快速動眼期/非快速動眼期)： | | | | | | | | {}/小時 / {}/小時 | | | | | | | | |
| 呼吸中止和淺呼吸指數(平躺/非平躺)： | | | | | | | | {}/小時 / {}/小時 | | | | | | | | |
| **睡眠分期：**開始記錄時間{}；結束紀錄時間{} | | | | | | | | | | | | | | | | |
| 全部記錄時間： | {} 分鐘 | | | | | | 睡眠時間： | | | | {} 分鐘 | | | | | |
| 全部睡眠時間： | {} 分鐘 | | | | | | 清醒時間： | | | | {} 分鐘 | | | | | |
| 睡眠第一期： | {} % | | | | | | 快速動眼期： | | | | {} % | | | | | |
| 睡眠第二期： | {} % | | | | | | 入眠時間： | | | | {} 分鐘 | | | | | |
| 睡眠第三期： | {} % | | | | | | 睡眠效率： | | | | {} % | | | | | |
| 覺醒指數： | {}/小時 | | | | | |  | | | | | | | | | |
| **睡眠事件：** | | | | | | | | | | | | | | | | |
| 阻塞型呼吸中止： | | {} 次 | | | | | 總發生時間： | | | | | {} 分鐘 | | | | |
| 中樞型呼吸中止： | | {} 次 | | | | | 總發生時間： | | | | | {} 分鐘 | | | | |
| 混合型呼吸中止： | | {} 次 | | | | | 總發生時間： | | | | | {} 分鐘 | | | | |
| 淺呼吸： | | {} 次 | | | | | 總發生時間： | | | | | {} 分鐘 | | | | |
| 最長的呼吸中止： | | {} 秒 | | | | | 最長的淺呼吸： | | | | | {} 秒 | | | | |
| **氧氣飽和度：** | | | | | | | | | | | | | | | | |
| 平均氧氣飽和度： | | {} % | | | | | 血氧平均下降幅度： | | | | | | {} % | | | |
| 最低氧氣飽和度： | | {} % | | | | | 血氧下降總數： | | | | | | {} 次 | | | |
| **打鼾：** | | | | | | | | | | | | | | | | |
| 總數： | | {} 次 | | | | | 打鼾指數： | | | | | | | {}/ 小時 | | |
| **整夜監測睡眠呼吸障礙指數(事件/小時)：** | | | | | | | | | | | | | | | | |
|  | | **正常** | | | | **輕度** | | | **中度** | | | | | | | **重度** |
| **成人** | | **<5** | | | | **5-15** | | | **15-30** | | | | | | | **>30** |
| **幼童** | | **<1** | | | | **1-5** | | | **5-10** | | | | | | | **>10** |