

Sleep Apnea Detection System

Patient Report - Sleep Session 1

Patient Information

Name	Mario Carranza
Age	25
Sex	Male
BMI	24.68
Neck Circumference	65 cm
Regular Alcohol Use	True
Sleep Difficulties	True
Familiar Apnea History	False

Session Summary

Duration (h)	Total Apneas	Mean Snoring	Snoring Variability	Max Decibel	Apnea Rate (/h)	Treatment Required
0.01	0.0	0.143	0.457	-11.47	0.0	Yes

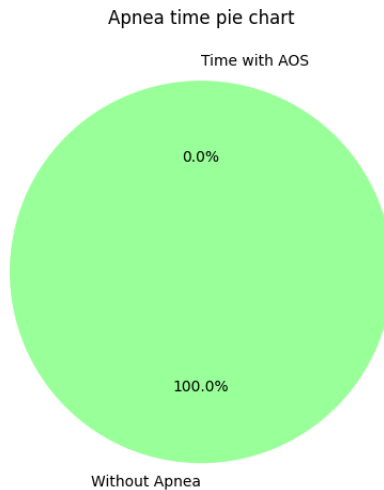
Descriptive Statistics

index	Snoring Intensity	Nasal Airflow	Spectral Centroid	Decibel Level (dB)
count	8.0	8.0	8.0	8.0
mean	0.14	0.48	1395.68	-16.62
std	0.07	0.01	69.7	4.36
min	0.04	0.46	1323.5	-25.63
25%	0.11	0.47	1342.79	-17.52
50%	0.15	0.49	1386.63	-15.29
75%	0.17	0.5	1416.74	-14.63
max	0.26	0.5	1524.18	-11.47
cv	0.46	0.03	0.05	-0.26

Information of Captured Images

Date and Time	Sleeping Position Detected
2025-10-02 17:56:12	Supine_2
2025-10-02 17:55:57	Supine_1

Apnea Time Distribution



Recommendations

- Although you are young, maintaining healthy habits is important to prevent early apnea.
- Males have a higher risk of apnea. Be alert for symptoms such as loud snoring or daytime sleepiness.
- A large neck circumference is a risk indicator. Total body fat reduction is recommended.
- Avoid alcohol consumption before bedtime to reduce apnea episodes.
- Sleep difficulties can worsen apnea. Consider sleep hygiene techniques and consulting a specialist.
- Avoid sleeping on your back; side sleeping reduces the likelihood of airway obstruction.
- Consult a sleep specialist if you experience symptoms like loud snoring or breathing pauses.

Note

Remember that this is an AI detection system for Obstructive Sleeping Apnea (OSA). This report is for informing purposes only and does not replace a professional diagnosis