

Sleep Apnea Detection System

Patient Information

Name	Mario Carranza
Age	25
Sex	Male
Weight (Kg)	73
Height (cm)	172
BMI	24.68
Neck Circumference (cm)	65
Regular alcohol use	True
Regular sleep difficulties	True
Familiar apnea history	False

Session 1

Start_Time	End_Time	Snoring_Intensity	Snoring	Nasal_Airflow	Spectral_Centroid	Has_Apnea	Treatment_Required	Snore_Energy	Decibel_Level_dB
0	5	0.042975213	True	0.45745057907348324	3.503263818658	False	False	43624.06274249875	463440992113335
5	10	0.11279677	False	0.5	1468.2662537675517	False	True	95194.75812168428	745407726218627
10	15	0.08520553	True	0.5	1524.184248965587	False	False	64592.34008360159	84344859158244
15	20	0.14515339	False	0.4828349640575079	9.9063014748765	False	False	95667.98466433905	54286459036027
20	25	0.14557566	False	0.49603883785942398	3.3552390816783	False	True	68896.86052019446	3043609333267344
25	30	0.15986787	False	0.49069738418530359	5.63674828653	False	True	102537.47813290342	21929242073247
30	35	0.19331256	False	0.47474790335463287	2.63029946807	False	False	113236.32388738337	42875515911006
35	40	0.2551703	False	0.47498502396166329	3.725454452283	False	False	95743.05145978316	470776707377189

Session 2

Start_Time	End_Time	Snoring_Intensity	Snoring	Nasal_Airflow	Spectral_Centroid	Has_Apnea	Treatment_Required	Snore_Energy	Decibel_Level_dB
0	5	0.030700072646141	True	0.3084265175718357	7.6479677480988	False	False	18881.80544079425	597156051472336
5	10	0.1631600260734558	False	0.2954472843450859	3.3083781639535	False	False	120465.40656662096	604732781033553
10	15	0.2318344563245773	False	0.3342477036741287	7.0958190778532	False	False	155383.10717021103	91579098684245
15	20	0.2438256591558456	False	0.3366937899361927	9.9836150941268	False	False	218025.94225886185	70239058637534
20	25	0.2593940794467926	False	0.3090130790734822	7.0749042500896	False	False	177024.5836882827	557248812014326
25	30	0.2130708396434784	False	0.3221295926517902	2.2871498551192	False	False	261377.88234250884	939055095664871
30	35	0.1787090748548507	False	0.3446810103833962	8.8548661301348	False	False	130874.60591277906	703111901114108

35	40	0.1963252127170562	False	0.3171126198083866	0.9465079807412	False	False	179812.4966054450	5951878598792602
40	45	0.2049621045589447	False	0.3344473841853925	0.3655361208592	False	False	119807.73319856138	409503599456228
45	50	0.1240695267915725	False	0.3436451677316244	0.9225356557072	False	False	110579.83069626478	637322185594883
50	55	0.2093383818864822	False	0.34112420127795526	0.261383138772	False	False	157948.77894903964	335577689569751
55	60	0.1879750937223434	False	0.3483002196485638	0.0575950718604	False	False	146900.17992930947	3281765764025636

Profile based 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.