

# Sleep Apnea Detection System

## Full Sleep Sessions Report

### Patient Information

Name	Mario
Age	26
Sex	Male
BMI	24.68
Neck Circumference	45 cm
Regular Alcohol Use	True
Sleep Difficulties	True
Familiar Apnea History	True

### 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.
- With a history of apnea, regular medical check-ups and symptom monitoring are essential.
- 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 during sleep.

### 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. Please check results with a doctor.