

Sleep Apnea Detection System

Patient Report For Sleep Session 1

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

Session Data

Start Time (s)	End Time (s)	Snoring Intensity	Snoring Detected	Nasal Airflow	Spectral Centroid	Has Apnea	Treatment Required	Snore Energy	Decibel Level (dB)
0	5	0.043	True	0.457	1323.503	False	False	43624.063	-25.634
5	10	0.113	False	0.500	1468.266	False	True	95194.758	-16.745
10	15	0.085	True	0.500	1524.184	False	False	64592.340	-19.843
15	20	0.145	False	0.483	1379.906	False	False	95667.985	-15.543
20	25	0.146	False	0.496	1393.355	False	True	68896.861	-15.044
25	30	0.160	False	0.491	1399.564	False	True	102537.478	-14.922
30	35	0.193	False	0.475	1347.263	False	False	113236.324	-13.743
35	40	0.255	False	0.475	1329.373	False	False	95743.051	-11.471

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.