



Jeffrey R. Polito M.D.

Laurie Frick
Jeffrey R Polito MD
(805) 681-7376 || **Fax**
(805) 681-7378 || **Phone**

To: Ed Forman
Secure Share

Total Pages: 4 (including this cover)

Message:

This document may contain information covered under the Privacy Act, 5 USC 552(a), and/or the Health Insurance Portability and Accountability Act (PL 104-191) and its various implementing regulations and must be protected in accordance with those provisions. Healthcare information is personal and sensitive and must be treated accordingly. If this correspondence contains healthcare information it is being provided to you after appropriate authorization from the patient or under circumstances that don't require patient authorization. You, the recipient, are obligated to maintain it in a safe, secure and confidential manner. Redisclosure without additional patient consent or as permitted by law is prohibited. Unauthorized redisclosure or failure to maintain confidentiality subjects you to application of appropriate sanction. If you have received this correspondence in error, please notify the sender at once and destroy any copies you have made.



5333 Hollister Avenue, Suite #225
 Santa Barbara, CA 93111
(805) 681-7378 PH
(805) 681-7376 FX

APNEA TRAK HOME SLEEP APNEA TEST

Patient:	Forman, Edward	Study Date:	Type 3 PSG on 11/24/2025
DOB:	9/8/1953	Patient Details:	Male, 72 years, 5'10", 209 lbs, BMI 30
MR#:	FOREDXPTRH		
Ref Physician:	Stephen Vampola, MD		

Recording Results		Minutes	Hours		
Total Recording Time (TRT):		425.0	7.1	Recording Start:	10:30:01 PM
Artifact Time:		0.0	0.0	Recording End:	6:30:00 AM
Monitoring Time:		425.0	7.1	Lights Out:	11:21:01 PM
				Lights On:	6:26:01 AM

Respiratory Events	AHI:	28.0						
	Count	Index	Body Position	Supine	Left	Right	Prone	Upright
Obstructive Apneas:	55	7.76	Minutes:	64	0	361	0	0
Mixed Apneas:	0	0.00	# Apneas:	27	N/A	28	N/A	N/A
Central Apneas	0	0.00	# of Hypopneas:	9	N/A	134	N/A	N/A
Total Apneas:	55	7.76	AHI:	33.9	N/A	26.9	N/A	N/A
Total Hypopneas:	143	20.2	Snoring Index:	27.3	N/A	37.0	N/A	N/A
Total A + H:	198	28.0						

Oximetry	Monitoring Time	Supine	Left Side	Right Side	Prone	Upright
Mean SpO2:	93%	94%	N/A%	93%	N/A%	N/A%
Min SpO2:	82%	85%	N/A%	82%	N/A%	N/A%
Max SpO2:	99%	99%	N/A%	98%	N/A%	N/A%
ODI (3%):	14.40	28.26	N/A	11.96	N/A	N/A
	Minutes					
Time < 88%	2.8 min.					

Heart Rate:	MT
Mean Heart Rate:	66 bpm
Low Heart Rate:	55 bpm
Highest Heart Rate:	115 bpm

Recording Technique:

Airflow: Nasal and oral airflow was monitored using a pressure transducer via nasal/oral cannula and thermal based airflow.
Respiratory Effort: Thoracic and abdominal RIP or PVDF belts were applied to measure respiratory effort. **Oxygen Saturation and Pulse Rate:** SpO2 and heart rate was monitored by pulse oximetry. **Snoring:** via acoustic sensor and pressure transducer. **Body Position** via accelerometer within the HSAT device. **Scoring Methodology:** All events were scored according the AASM Manual for the Scoring of Sleep and Associated events. Hypopneas were scored using the AASM rule 1A: a $\geq 30\%$ reduction of airflow amplitude with a 4% decrease in SpO2 for ≥ 10 seconds.

DISCUSSION: The technical quality of this study was excellent.
I certify that I have reviewed the entire raw data prior to issuance of this report.

CONCLUSIONS

1. Moderate Obstructive Sleep Apnea (G47.33).

RECOMMENDATIONS:

1. Continue with CPAP therapy.
2. Significant weight loss should eliminate sleep apnea. Zepbound has been approved for treatment of moderate/severe obstructive sleep apnea with BMI ≥ 28 .

Patient will see Dr. Polito in follow up to discuss conclusions and recommendations for treatment.



Jeffrey R. Polito, MD
Diplomate of the American Board of Sleep Medicine

11-25-25
Date

Cc: Stephen Vampola, MD

