

Non REM, Statistics	Non Supine			Supine			
	Central	Mixed	Obstr	Central	Mixed	Obstr	
Apneas	0	0	8	0	0	0	Count
Hypopneas	0	0	60	0	0	25	Count
RERAs	N/A	N/A	0	N/A	N/A	0	Count
RDI	N/A	N/A	46.6	N/A	N/A	100.0	Index
Apnea + Hypopnea Index	0.0	0.0	46.6	0.0	0.0	100.0	Index

REM, Statistics	Non Supine			Supine			
	Central	Mixed	Obstr	Central	Mixed	Obstr	
Apneas	0	0	0	0	0	0	Count
Hypopneas	0	0	0	0	0	0	Count
RERAs	N/A	N/A	0	N/A	N/A	0	Count
RDI	N/A	N/A	0	N/A	N/A	0	Index
Apnea + Hypopnea Index	0.0	0.0	0.0	0.0	0.0	0.0	Index

Periodic Limb Movement Analysis: The Periodic Limb Movement (PLM) Index was 4.7 (8 total PLMs), and the PLM Arousal Index was 0 (0 total PLMS arousals).

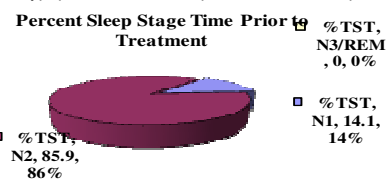
Sleep Architecture: The technologist recorded "Lights Out" at 21:53. Total recording time was 126.5 minutes and total sleep time was 102.5 minutes with normal sleep efficiency of 81%, normal sleep latency of 5.5 minutes, and no REM sleep. Sleep architecture consisted of 14.1% stage 1 sleep (14.5 min.), 85.9% stage 2 sleep (88 min.), 0% stage 3 sleep (0 min.), and 0% REM sleep (0 min.). He slept 15 minutes supine, 50 minutes on his right side, 0 minutes on his left side, and 37.5 minutes prone.

Arousals: The arousal index was 15.8 per hour with 27 total arousals and specific indices of 6.4 arousals per hour related to apneas/hypopneas, 0 arousals per hour related to periodic limb movements, and 9.4 spontaneous arousals per hour. The patient's Wake After Sleep Onset (WASO) totaled 1.5 minutes.

Cardiac Analysis: Baseline heart rate was 76 with normal heart rate and rhythm throughout the study.

EEG Abnormalities: None.

Behavioral Abnormalities: None.



CPAP Titration Portion:

Respiratory Analysis: Baseline oxygen saturation was 92%. The highest CPAP setting reached was 11cmH₂O at which there was reduction of AHI to 0. The patient's apnea index measured 5, his obstructive hypopnea index measured 4.6, and his central/mixed apnea index measured 2. The patient slept for 2 minutes with an oxygen saturation reading below 88%, and the lowest oxygen saturation was 85. A medium pair of ResMed Swift FX nasal pillows was used and seemed well-tolerated.

Treatment Interval Statistics:

Treatment RxI/RxE/RxO	Time in Bed	TST	Sleep Efficiency	Apnea Count/Index		Hypopnea Count/Index		AHI	RERAs	RDI	Limb
				Count	Index	Count	Index				
0/0/0	130.5	102.5	78.5	8	4.7	85	49.8	54.4	0	54.4	
4/4/0	14	8	57.1	0	0	0	0	0	0	0	
5/5/0	62	60.5	97.6	0	0	0	0	0	0	0	
6/6/0	87	72.5	83.3	12	9.9	0	0	9.9	0	9.9	
8/8/0	37	34.5	93.2	11	19.1	19	33	52.2	5	60.9	
10/10/0	69.5	66	95.	0	0	2	1.8	1.8	0	1.8	
11/11/0	35.5	34	95.8	0	0	0	0	0	0	0	

Movement Analysis: The Periodic Limb Movement (PLM) Index was 7.8, and the PLM Arousal Index was 0.2.

Sleep Architecture: The technologist recorded "Lights On" at 05:08. Total recording time was 309 minutes and total sleep time was 275.5 minutes with normal sleep efficiency of 89.2%. Sleep architecture consisted of 8.9% stage 1 sleep (24.5 min.), 46.3% stage 2 sleep (127.5 min.), 19.1% stage 3 sleep (52.5 min.), and 25.8% REM sleep (71 min.). The patient WASO totaled 1 minute. He slept 148.5 minutes supine, 127 minutes on his right side, 0 on his left side, and 0 minutes prone.

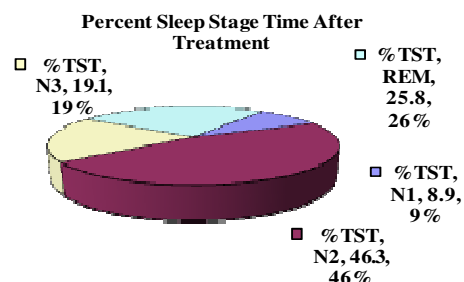
Treatment RxI/RxE/RxO	Time in Bed	TST	Supine Time	Supine NREM Time	Supine REM Time	Non-Supine Time	Non-Supine NREM	Non-Supine REM Time
0/0/0	130.5	102.5	15	15	0	87.5	87.5	0
4/4/0	14	8	0	0	0	8	8	0
5/5/0	62	60.5	0	0	0	60.5	45.5	15
6/6/0	87	72.5	14	14	0	58.5	41.5	17
8/8/0	37	34.5	34.5	34.5	0	0	0	0
10/10/0	69.5	66	66	27	39	0	0	0
11/11/0	35.5	34	34	34	0	0	0	0

Arousals: The arousal index was 7.8 per hour with a total of 36 arousals and specific indices of 2.2 arousals per hour related to apneas/hypopneas, 0.2 arousals per hour related to periodic limb movements, and 5.4 spontaneous arousals per hour.

Cardiac Analysis: Baseline heart rate was 70 with normal heart rate and rhythm throughout the study.

EEG Abnormalities: None.

Behavioral Abnormalities: None.



We thank you for your kind referral. If you have any questions, please feel free to contact us at our office

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