

Patient Name: [REDACTED]

Study Device: Itamar WatchPAT™ ONE

Date of Birth: [REDACTED]

Patient Phone: [REDACTED]

Date of Study: 04/23/2024

Study Results: **Your results suggest you may be experiencing Mild Sleep Apnea** - please review the Summary & Diagnosis and Recommendations sections of this report.

Patient ID: [REDACTED]

KEY SLEEP STUDY STATISTICS

Sleep is critically for important for optimal brain function, emotional stability. growth, optimal immunity and is critical to many other aspects of overall health.

The sleep test is able to determine if you have sleep apnea which is the repeated narrowing or collapse of the airway interrupting normal breathing. Some terms that are related with sleep apnea are AHI, RDI and ODI.

Key Sleep Study Statistics

Apnea Hypopnea Index (AHI)



Normal Range: <5 AHI

Your apnea/hypopnea index (abbreviated as AHI) was found to be **6.4**. This score is the average number of apnea (pauses in breathing) and hypopnea (periods of shallow breathing) events per hour of sleep during the night. As shown on the AHI rating chart to the right, an index less than 5 is considered normal. An AHI of 5 to 15 denotes mild sleep apnea, 15 to 30 is considered moderate, and an AHI greater than 30 AHI is considered severe.

AHI	Rating
<5	Normal (no Sleep Apnea)
5-15	Mild Sleep Apnea
15-30	Moderate Sleep Apnea
>30	Severe Sleep Apnea

Range Source: American Academy of Sleep Medicine (www.aasm.org)

Respiratory Disturbance Index (RDI)



Normal Range: <5 RDI

Your respiratory disturbance index (RDI) was found to be **7.9**. This score is calculated in a very similar way as the AHI, but an additional type of respiratory event named RERA is also counted. RERA is the abbreviation for Respiratory Effort Related Arousal and is essentially a very short arousal of a few seconds that follows partial blockage of the airways. The normal range of the RDI score is also 5 or lower.

Oxygen Desaturation Index (ODI)



Normal Range: <5 ODI

Your oxygen desaturation index (ODI) was found to be **1.7**. This score is the average number of times the oxygen in your blood dropped by 4% or more during an hour of sleep. As oxygen levels in the bloodstream drop, the ability of oxygen to circulate into areas of the body, cells and tissues are limited. Oxygen delivery is necessary for our body systems to function properly, for example the heart, brain and lungs. The normal range of the ODI is 5 or lower.

Total Sleep Time



Normal Range: 6-8 hours

Your total study time (which is calculated from the time you turned the device on until you pulled it off) was 9 hrs, 17 min. However, your total sleep time was **8 hrs, 18 min** (we are testing for obstructive sleep apnea and are interested in the time that you were actually asleep). The recommended amount of sleep is 6 - 8 hours a night.

REM: REM or Rapid Eye movement sleep is a stage of sleep when we dream and when our muscles are completely relaxed. REM sleep likely serves an important function to consolidate memory and learning.

Non REM: or Non Rapid eye movement sleep completes the rest of sleep time. Within Non REM sleep are a few differentiated sleep stages that also serve unique and important functions.

Sleep is critically for important for optimal brain function, emotional stability. growth, optimal immunity and is critical to many other aspects of overall health.

Summary & Diagnosis

Findings are consistent with Mild Obstructive Sleep Apnea Hypopnea Syndrome G47.33.

The sleep study was completed using WatchPAT a technically adequate device with eight channels : peripheral arterial tone, actigraphy, body position, snore, respiratory movement, pulse oximetry, sleep staging, and heart rate. Prior to using the device, the patient received verbal and written instructions for its application and was provided with the help desk phone number for additional telephonic instruction with 24-hour availability of qualified personnel to answer questions.

Recommendations

Mild OSA is noted. Treatment options may include CPAP or oral appliances. Recommend further discussion with your primary care provider.

Some important sleep tips include:

Most adults require 7-8 hours of sleep every night

Try and wake up at the same time every day

Expose yourself to bright light on awakening

Avoid daytime naps If you have trouble falling asleep or have frequent awakening at night .

Maintain a relaxing pre bedtime routine. Avoid electronics and bright lights before sleep time .

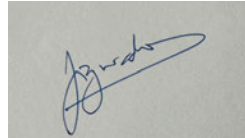
Avoid heavy meals, alcohol and caffeine close to bedtime

Staying off your back, raising the head of your bed while sleeping or using nasal decongestants can lessen snoring.

Report prepared by: Jagdeep Bijwadia MD

Electronically Signed: 04/24/2024 8:04:00 AM

Signature:



Sleep Summary

Start Study Time:	9:15:24 PM
End Study Time:	6:32:50 AM
Total Recording Time:	9 hrs, 17 min
Total Sleep Time	8 hrs, 18 min
% REM of Sleep Time:	18.8

Respiratory Indices

	Total Events	REM	NREM	All Night
pRDI:	65	11.6	7.0	7.9
pAHI 3%:	53	9.0	5.8	6.4
ODI:	14	1.9	1.6	1.7
pAHIc 3%:	3	0.0	0.5	0.4
% CSR:	0.0			

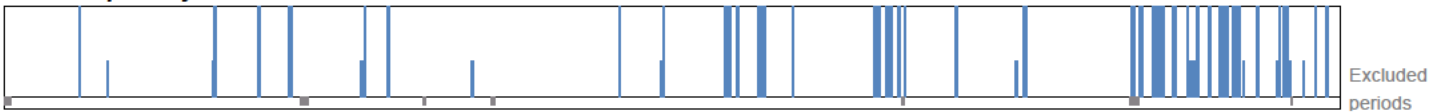
Oxygen Saturation Statistics

Mean:	93	Minimum:	90	Maximum:	98
Mean of Desaturations Nadirs (%):	93				
Oxygen Desatur. %:	4-9	10-20	>20	Total	
Events Number	55	0	0	55	
Total	100.0	0.0	0.0	100.0	
Oxygen Saturation:	<90	<=88	<85	<80	<70
Duration (minutes):	0.0	0.0	0.0	0.0	0.0
Sleep %	0.0	0.0	0.0	0.0	0.0
Pulse Rate Statistics during Sleep (BPM)					
Mean:	66	Minimum:	53	Maximum:	89

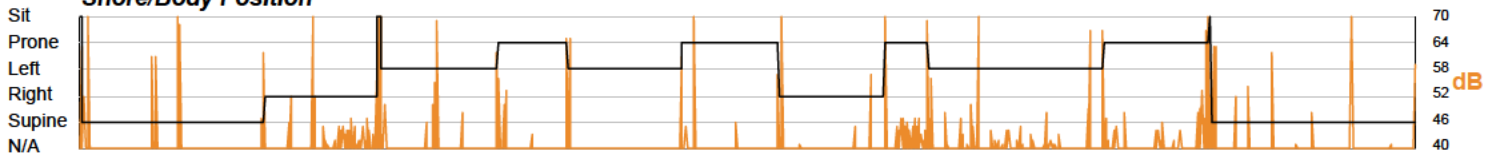
Indices are calculated using technically valid sleep time of 8 hrs, 14 min. Central-Indices are calculated using technically valid sleep time of 7 hrs, 30 min.

pRDI is calculated using oximetry desaturation $\geq 3\%$

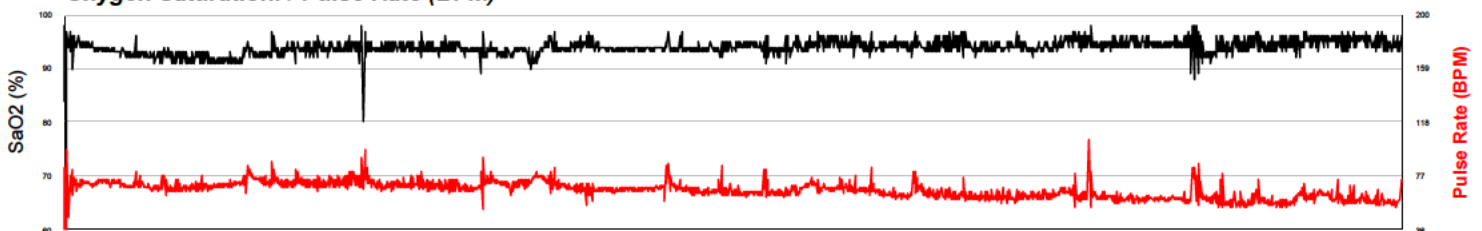
PAT Respiratory Events



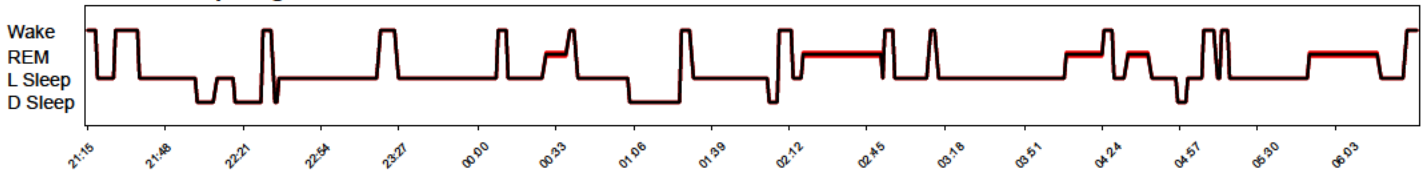
Snore/Body Position



Oxygen Saturation: / Pulse Rate (BPM)

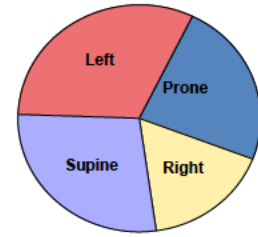


Wake / Sleep stages



Body Position Statistics

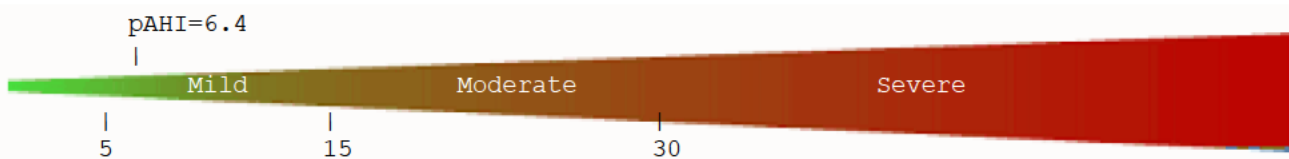
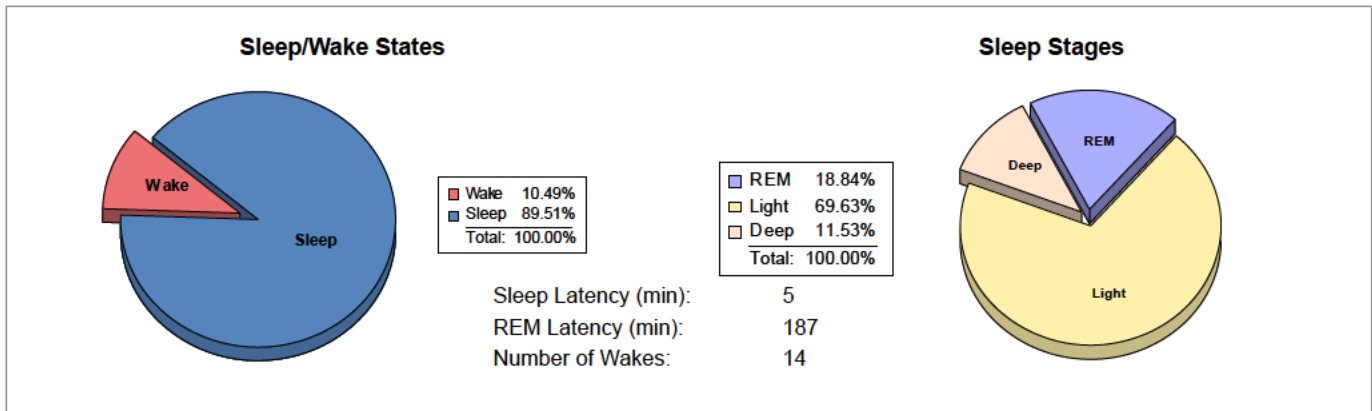
Position	Supine	Prone	Right	Left	Non-Supine
Sleep (min)	139.4	118.0	84.0	157.5	359.5
Sleep %	27.9	23.7	16.8	31.6	72.1
pRDI	15.3	2.1	7.9	5.7	5.0
pAHI	11.8	1.5	7.2	5.0	4.4
ODI	11.4	2.1	7.9	5.4	4.9



Snoring Statistics

Snoring Level (dB)	>40	>50	>60	>70	>80	>Threshold (45)	Mean: 40 dB
Sleep (min)	28.8	3.3	1.5	0.0	0.0	7.0	
Sleep %	5.8	0.7	0.3	0.0	0.0	1.4	

Sleep Stages Chart



* Reference values are given by physician