



# Sleep Quality Report

Jun 15, 2023 | 9:07 PM - 5:37 AM  
Mindful Dentistry

Patient Name: LAUREN DORSEY  
Patient Id: LGGV9C  
Date Of Birth: 02/08/1990 (33 years)

## Sleep Quality

SQI 51

Expected >55

EFFICIENCY 72%

Expected >85%

## Sleep Opportunity

LATENCY 0h:04m

Expected <30 min

DURATION 8h:17m

Expected 7-9 hours

## Sleep Apnea

sAHI4% 0

Normal

sAHI3% 6

Mild

## Sleep Pathology

FRAGMENTATION 14%

Expected <15%

PERIODICITY 0%

Expected ≤2%



|                       |          |           |               |
|-----------------------|----------|-----------|---------------|
| STABLE 55% - 3h:22m   | CVHR 19% | sAHI3% 0  | Expected >50% |
| UNSTABLE 27% - 1h:38m | CVHR 46% | sAHI3% 14 | Expected <30% |
| REM 19% - 1h:08m      | CVHR 36% | sAHI3% 11 | Expected ≈20% |

|                  |         |
|------------------|---------|
| Sleep Onset      | 9:11 PM |
| Sleep Conclusion | 5:29 AM |
| TST              | 6h:09m  |
| WASO             | 1h:08m  |
| WAKE TRANSITIONS | #15     |
| SAI              | 24      |

|                               |                 |
|-------------------------------|-----------------|
| SpO <sub>2</sub> <90%         | 0h:0m - 0%      |
| SpO <sub>2</sub> <88%         | 0h:0m - 0%      |
| SpO <sub>2</sub> <80%         | 0h:0m - 0%      |
| MIN-MAX-MEAN SpO <sub>2</sub> | 92% - 99% - 95% |

|                             | Desaturations |    |
|-----------------------------|---------------|----|
|                             | 3%            | 4% |
| sAHI <sub>TOTAL</sub>       | 6             | 0  |
| sAHI <sub>OBSTRUCTIVE</sub> | 6             | 0  |
| sAHI <sub>CENTRAL</sub>     | 0             | 0  |
| sRDI                        | 11            | 11 |
| ODI                         | 2             | 0  |

|                      | Min | Max | Mean |
|----------------------|-----|-----|------|
| APNEA DURATION (sec) | 10  | 26  | 13   |
| HEART RATE (BPM)     | 45  | 93  | 57   |

### Test Summary:

#### Patient: 33 year old Female

Average Signal Quality is **73** %.  
 Sleep Quality is **below** expected value.  
 Sleep Efficiency is **below** expected value.  
 Sleep Duration is **within** expected value.

Sleep Apnea Indicator is **above** expected value.  
 Apnea Hypopnea Index is **Mild** .  
 Sleep Fragmentation is **below** expected value.  
 Periodicity is **below** expected value.

Published Notes:

There are no published notes

Spectrogram:

