



Sleep Quality Report

Jun 17, 2023 | 1:17 AM - 5:46 AM
Mindful Dentistry

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

Sleep Quality

SQI 57

Expected >55

EFFICIENCY 78%

Expected >85%

Sleep Opportunity

LATENCY 0h:02m

Expected <30 min

DURATION 4h:26m

Expected 7-9 hours

Sleep Apnea

sAHI4% 1

Normal

sAHI3% 5

Mild

Sleep Pathology

FRAGMENTATION 8%

Expected <15%

PERIODICITY 0%

Expected ≤2%



STABLE 48% - 1h:40m	CVHR 27%	sAHI3% 1	Expected >50%
UNSTABLE 33% - 1h:08m	CVHR 22%	sAHI3% 7	Expected <30%
REM 19% - 0h:40m	CVHR 5%	sAHI3% 12	Expected ≈20%

Sleep Onset	1:19 AM
Sleep Conclusion	5:46 AM
TST	3h:29m
WASO	0h:19m
WAKE TRANSITIONS	#5
SAI	16

SpO ₂ <90%	0m:02s - 0%
SpO ₂ <88%	0h:0m - 0%
SpO ₂ <80%	0h:0m - 0%
MIN-MAX-MEAN SpO ₂	89% - 98% - 95%

	Desaturations	
	3%	4%
sAHI _{TOTAL}	5	1
sAHI _{OBSTRUCTIVE}	5	1
sAHI _{CENTRAL}	0	0
sRDI	12	12
ODI	3	1

	Min	Max	Mean
APNEA DURATION (sec)	11	26	18
HEART RATE (BPM)	41	99	56

Test Summary:

Patient: 33 year old Female

Average Signal Quality is **76** %.
 Sleep Quality is **above** expected value.
 Sleep Efficiency is **below** expected value.
 Sleep Duration is **not 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:

