



Sleep Quality Report

Jun 18, 2023 | 10:26 PM - 5:54 AM
Mindful Dentistry

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

Sleep Quality

SQI 64

Expected >55

EFFICIENCY 91%

Expected >85%

Sleep Opportunity

LATENCY 0h:04m

Expected <30 min

DURATION 7h:13m

Expected 7-9 hours

Sleep Apnea

sAHI4% 2

Normal

sAHI3% 6

Mild

Sleep Pathology

FRAGMENTATION 4%

Expected <15%

PERIODICITY 0%

Expected ≤2%



STABLE 67% - 4h:33m	CVHR 22%	sAHI3% 2	Expected >50%
UNSTABLE 16% - 1h:04m	CVHR 33%	sAHI3% 18	Expected <30%
REM 17% - 1h:10m	CVHR 31%	sAHI3% 14	Expected ≈20%

Sleep Onset	10:30 PM
Sleep Conclusion	5:43 AM
TST	6h:47m
WASO	0h:34m
WAKE TRANSITIONS	#10
SAI	27

SpO ₂ <90%	0m:04s - 0%
SpO ₂ <88%	0h:0m - 0%
SpO ₂ <80%	0h:0m - 0%
MIN-MAX-MEAN SpO ₂	89% - 99% - 94%

	Desaturations	
	3%	4%
sAHI _{TOTAL}	6	2
sAHI _{OBSTRUCTIVE}	6	2
sAHI _{CENTRAL}	0	0
sRDI	12	12
ODI	5	2

	Min	Max	Mean
APNEA DURATION (sec)	10	27	16
HEART RATE (BPM)	43	98	54

Test Summary:

Patient: 33 year old Female

Average Signal Quality is **96** %.
 Sleep Quality is **above** expected value.
 Sleep Efficiency is **above** 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:

