Sleep Quality Report

Jun 19, 2023 | 10:06 PM - 5:36 AM
Mindful Dentistry

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

Sleep Quality

SQI 67	EFFICIENCY 89%
Expected >55	Expected >85%

Sleep Opportunity

LATENCY 0h:06m	DURATION 7h:23m
Expected <30 min	Expected 7-9 hours

Sleep Apnea

sAHI4% 4	sAHI3% 10
Normal	Mild

Sleep Pathology

FRAGMENTATION 11%	PERIODICITY 0%
Expected <15%	Expected ≤2%

Signal
hh:mm

23:00   00:00   01:00   02:00   03:00   04:00   05:00

STABLE 62% - 4h:07m	CVHR 3% sAHI3% 7	Expected >50%

UNSTABLE 20% - 1h:18m	CVHR 34% sAHI3% 18	Expected <30%

REM 18% - 1h:12m	CVHR 14% sAHI3% 15	Expected ≈20%

Sleep Onset	10:12 PM
Sleep Conclusion	5:36 AM
TST	6h:38m
WASO	0h:23m
WAKE TRANSITIONS	#8
SAI	10

	Desaturations 3%	4%
sAHI$_{TOTAL}$	10	4
sAHI$_{OBSTRUCTIVE}$	10	4
sAHI$_{CENTRAL}$	0	0
sRDI	15	15
ODI	9	4

SpO$_2$ <90%	0m:19s - 0%
SpO$_2$ <88%	0m:02s - 0%
SpO$_2$ <80%	0h:0m - 0%
MIN-MAX-MEAN SpO$_2$	87% - 99% - 95%

	Min	Max	Mean
APNEA DURATION (sec)	10	64	17
HEART RATE (BPM)	41	94	56

Test Summary:

Patient: 33 year old Female

Average Signal Quality is **88** %.
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.

Spectrogram: