



Sleep Quality Report

Jun 20, 2023 | 8:44 PM - 6:20 AM
Mindful Dentistry

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

Sleep Quality

SQI 60

Expected >55

EFFICIENCY 80%

Expected >85%

Sleep Opportunity

LATENCY 0h:06m

Expected <30 min

DURATION 8h:46m

Expected 7-9 hours

Sleep Apnea

sAHI4% 8

Mild

sAHI3% 15

Moderate

Sleep Pathology

FRAGMENTATION 15%

Expected <15%

PERIODICITY 0%

Expected ≤2%



STABLE 57% - 4h:20m	CVHR 0%	sAHI3% 9	Expected >50%
UNSTABLE 27% - 2h:05m	CVHR 17%	sAHI3% 23	Expected <30%
REM 16% - 1h:12m	CVHR 4%	sAHI3% 26	Expected =20%

Sleep Onset	8:50 PM
Sleep Conclusion	5:37 AM
TST	7h:38m
WASO	1h:21m
WAKE TRANSITIONS	#12
SAI	6

SpO ₂ <90%	0h:01m - 0%
SpO ₂ <88%	0m:18s - 0%
SpO ₂ <80%	0h:0m - 0%
MIN-MAX-MEAN SpO ₂	82% - 99% - 95%

	Desaturations	
	3%	4%
sAHI _{TOTAL}	15	8
sAHI _{OBSTRUCTIVE}	15	8
sAHI _{CENTRAL}	0	0
sRDI	19	19
ODI	13	8

	Min	Max	Mean
APNEA DURATION (sec)	10	64	15
HEART RATE (BPM)	46	96	59

Test Summary:

Patient: 33 year old Female

Average Signal Quality is **88** %.
 Sleep Quality is **above** 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 **Moderate** .
 Sleep Fragmentation is **above** expected value.
 Periodicity is **below** expected value.

Published Notes:

There are no published notes

Spectrogram:

