



# Sleep Quality Report

Jun 21, 2023 | 8:50 PM - 11:03 PM  
Mindful Dentistry

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

## Sleep Quality

SQI 69

Expected >55

EFFICIENCY 92%

Expected >85%

## Sleep Opportunity

LATENCY 0h:04m

Expected <30 min

DURATION 2h:08m

Expected 7-9 hours

## Sleep Apnea

sAHI<sub>4%</sub> 0

Normal

sAHI<sub>3%</sub> 4

Normal

## Sleep Pathology

FRAGMENTATION 13%

Expected <15%

PERIODICITY 0%

Expected ≤2%



STABLE 70% - 1h:25m	CVHR 5%	sAHI <sub>3%</sub> 0	Expected >50%
UNSTABLE 16% - 0h:19m	CVHR 33%	sAHI <sub>3%</sub> 25	Expected <30%
REM 14% - 0h:17m	CVHR 20%	sAHI <sub>3%</sub> 4	Expected =20%

Sleep Onset	8:55 PM
Sleep Conclusion	11:03 PM
TST	2h:01m
WASO	0h:06m
WAKE TRANSITIONS	#3
SAI	11

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>	91% - 99% - 94%

	Desaturations	
	3%	4%
sAHI <sub>TOTAL</sub>	4	0
sAHI <sub>OBSTRUCTIVE</sub>	4	0
sAHI <sub>CENTRAL</sub>	0	0
sRDI	10	10
ODI	1	0

	Min	Max	Mean
APNEA DURATION (sec)	10	25	18
HEART RATE (BPM)	52	101	65

### Test Summary:

#### Patient: 33 year old Female

Average Signal Quality is **92** %.  
 Sleep Quality is **above** expected value.  
 Sleep Efficiency is **above** expected value.  
 Sleep Duration is **not within** expected value.

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

Published Notes:

There are no published notes

Spectrogram:

