



# Sleep Quality Report

Jul 10, 2023 | 9:25 PM - 5:25 AM  
Mindful Dentistry

Patient Name: RICHARD DORSEY  
Patient Id: WFLCSJ  
Date Of Birth: 08/26/1975 (47 years)

## Sleep Quality

SQI 17

Expected >55

EFFICIENCY 88%

Expected >85%

## Sleep Opportunity

LATENCY 0h:21m

Expected <30 min

DURATION 7h:25m

Expected 7-9 hours

## Sleep Apnea

sAHI4% 40

Severe

sAHI3% 55

Severe

## Sleep Pathology

FRAGMENTATION 63%

Expected <15%

PERIODICITY 4%

Expected ≤2%



STABLE 3% - 0h:12m	CVHR 26%	sAHI3% 9	Expected >50%
UNSTABLE 73% - 5h:11m	CVHR 92%	sAHI3% 61	Expected <30%
REM 24% - 1h:40m	CVHR 77%	sAHI3% 44	Expected =20%

Sleep Onset	9:46 PM
Sleep Conclusion	5:12 AM
TST	7h:04m
WASO	0h:32m
WAKE TRANSITIONS	#6
SAI	82

SpO <sub>2</sub> <90%	1h:0m - 12%
SpO <sub>2</sub> <88%	0h:32m - 7%
SpO <sub>2</sub> <80%	0m:22s - 0%
MIN-MAX-MEAN SpO <sub>2</sub>	78% - 99% - 91%

	Desaturations	
	3%	4%
sAHI <sub>TOTAL</sub>	55	40
sAHI <sub>OBSTRUCTIVE</sub>	51	36
sAHI <sub>CENTRAL</sub>	4	4
sRDI	57	57
ODI	55	44

	Min	Max	Mean
APNEA DURATION (sec)	6	75	27
HEART RATE (BPM)	39	94	54

### Test Summary:

#### Patient: 47 year old Male

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

Published Notes:

There are no published notes

Spectrogram:

