Sleep Quality Report

Jul 11, 2023 | 9:01 PM - 5:26 AM
Mindful Dentistry

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

Sleep Quality

SQI 20	EFFICIENCY 88%
Expected >55	Expected >85%

Sleep Opportunity

LATENCY 0h:14m	DURATION 7h:36m
Expected <30 min	Expected 7-9 hours

Sleep Apnea

sAHI4% 34	sAHI3% 51
Severe	Severe

Sleep Pathology

FRAGMENTATION 62%	PERIODICITY 0%
Expected <15%	Expected ≤2%

Signal
hh:mm

22:00   23:00   00:00   01:00   02:00   03:00   04:00   05:00

STABLE 6% - 0h:25m   CVHR 17%   sAHI3% 14   Expected >50%

UNSTABLE 69% - 5h:05m   CVHR 83%   sAHI3% 50   Expected <30%

REM 25% - 1h:53m   CVHR 89%   sAHI3% 61   Expected ≈20%

		Desaturations	
		3%	4%
Sleep Onset	9:15 PM		
Sleep Conclusion	4:52 AM		
TST	7h:23m		
WASO	0h:40m		
WAKE TRANSITIONS	#3		
SAI	76		

	3%	4%
sAHI TOTAL	51	34
sAHI OBSTRUCTIVE	51	34
sAHI CENTRAL	0	0
sRDI	52	52
ODI	50	37

SpO2 <90%	0h:25m - 5%
SpO2 <88%	0h:06m - 1%
SpO2 <80%	0h:0m - 0%
MIN-MAX-MEAN SpO2	80% - 98% - 92%

	Min	Max	Mean
APNEA DURATION (sec)	10	65	29
HEART RATE (BPM)	40	93	54

Test Summary:

Patient: 47 year old Male

Average Signal Quality is **90** %.
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 **below** expected value.

Spectrogram: