



Sleep Quality Report

Jul 12, 2023 | 9:44 PM - 5:22 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 91%

Expected >85%

Sleep Opportunity

LATENCY 0h:08m

Expected <30 min

DURATION 7h:06m

Expected 7-9 hours

Sleep Apnea

sAHI4% 38

Severe

sAHI3% 55

Severe

Sleep Pathology

FRAGMENTATION 63%

Expected <15%

PERIODICITY 0%

Expected ≤2%



STABLE 6% - 0h:23m	CVHR 54%	sAHI3% 8	Expected >50%
UNSTABLE 78% - 5h:26m	CVHR 92%	sAHI3% 59	Expected <30%
REM 16% - 1h:08m	CVHR 91%	sAHI3% 52	Expected ≈20%

Sleep Onset	9:52 PM
Sleep Conclusion	4:59 AM
TST	6h:58m
WASO	0h:29m
WAKE TRANSITIONS	#4
SAI	88

SpO ₂ <90%	1h:13m - 16%
SpO ₂ <88%	0h:26m - 6%
SpO ₂ <80%	0h:0m - 0%
MIN-MAX-MEAN SpO ₂	81% - 97% - 91%

	Desaturations	
	3%	4%
sAHI _{TOTAL}	55	38
sAHI _{OBSTRUCTIVE}	55	38
sAHI _{CENTRAL}	0	0
sRDI	56	56
ODI	55	43

	Min	Max	Mean
APNEA DURATION (sec)	9	75	27
HEART RATE (BPM)	38	106	52

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.

Published Notes:

There are no published notes

Spectrogram:

