



Sleep Quality Report

Jul 13, 2023 | 9:52 PM - 5:24 AM
Mindful Dentistry

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

Sleep Quality

SQI 16

Expected >55

EFFICIENCY 94%

Expected >85%

Sleep Opportunity

LATENCY 0h:04m

Expected <30 min

DURATION 7h:19m

Expected 7-9 hours

Sleep Apnea

sAHI4% 35

Severe

sAHI3% 56

Severe

Sleep Pathology

FRAGMENTATION 69%

Expected <15%

PERIODICITY 0%

Expected ≤2%



STABLE 2% - 0h:08m	CVHR 25%	sAHI3% 28	Expected >50%
UNSTABLE 80% - 5h:39m	CVHR 91%	sAHI3% 56	Expected <30%
REM 18% - 1h:16m	CVHR 97%	sAHI3% 59	Expected ≈20%

Sleep Onset	9:56 PM
Sleep Conclusion	5:16 AM
TST	7h:04m
WASO	0h:14m
WAKE TRANSITIONS	#3
SAI	89

SpO ₂ <90%	0h:52m - 12%
SpO ₂ <88%	0h:27m - 6%
SpO ₂ <80%	0m:10s - 0%
MIN-MAX-MEAN SpO ₂	77% - 98% - 91%

	Desaturations	
	3%	4%
sAHI _{TOTAL}	56	35
sAHI _{OBSTRUCTIVE}	56	35
sAHI _{CENTRAL}	0	0
sRDI	57	57
ODI	54	38

	Min	Max	Mean
APNEA DURATION (sec)	9	79	28
HEART RATE (BPM)	41	93	56

Test Summary:

Patient: 47 year old Male

Average Signal Quality is **89** %.
 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:

