



# Sleep Quality Report

Jul 14, 2023 | 9:45 PM - 6:22 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 97%

Expected >85%

## Sleep Opportunity

LATENCY 0h:02m

Expected <30 min

DURATION 8h:32m

Expected 7-9 hours

## Sleep Apnea

sAHI4% 25

Moderate

sAHI3% 40

Severe

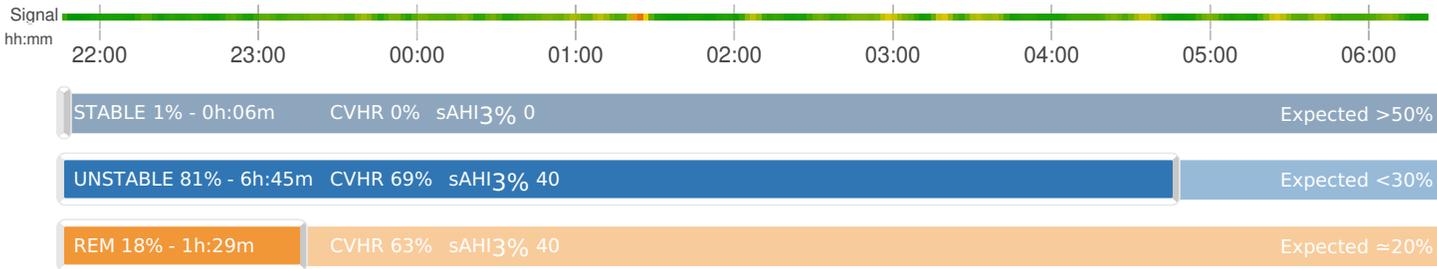
## Sleep Pathology

FRAGMENTATION 77%

Expected <15%

PERIODICITY 0%

Expected ≤2%



Sleep Onset	9:48 PM
Sleep Conclusion	6:20 AM
TST	8h:21m
WASO	0h:12m
WAKE TRANSITIONS	#5
SAI	66

SpO <sub>2</sub> <90%	0h:40m - 8%
SpO <sub>2</sub> <88%	0h:12m - 2%
SpO <sub>2</sub> <80%	0h:0m - 0%
MIN-MAX-MEAN SpO <sub>2</sub>	82% - 98% - 91%

	Desaturations	
	3%	4%
sAHI <sub>TOTAL</sub>	40	25
sAHI <sub>OBSTRUCTIVE</sub>	40	25
sAHI <sub>CENTRAL</sub>	0	0
sRDI	41	41
ODI	37	27

	Min	Max	Mean
APNEA DURATION (sec)	10	105	29
HEART RATE (BPM)	41	91	57

### 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:

