



Sleep Quality Report

Jul 15, 2023 | 9:39 PM - 5:26 AM
Mindful Dentistry

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

Sleep Quality

SQI 15

Expected >55

EFFICIENCY 89%

Expected >85%

Sleep Opportunity

LATENCY 0h:36m

Expected <30 min

DURATION 7h:08m

Expected 7-9 hours

Sleep Apnea

sAHI4% 29

Moderate

sAHI3% 48

Severe

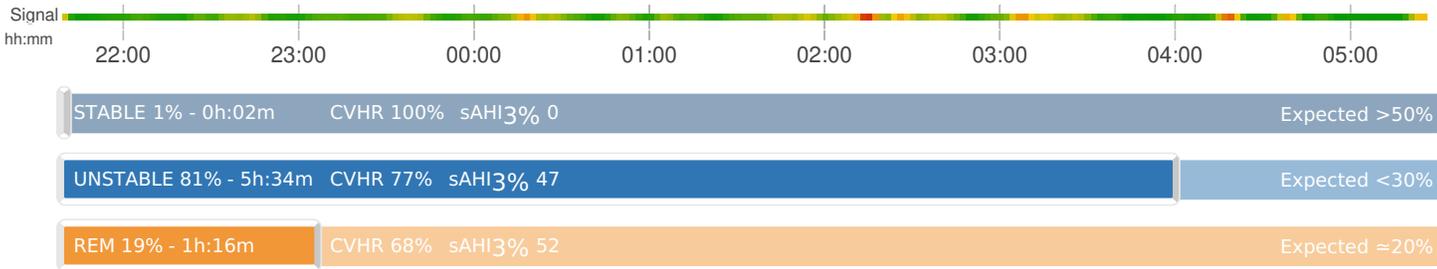
Sleep Pathology

FRAGMENTATION 75%

Expected <15%

PERIODICITY 3%

Expected ≤2%



Sleep Onset	10:15 PM
Sleep Conclusion	5:24 AM
TST	6h:53m
WASO	0h:12m
WAKE TRANSITIONS	#5
SAI	76

SpO ₂ <90%	0h:46m - 10%
SpO ₂ <88%	0h:14m - 3%
SpO ₂ <80%	0h:0m - 0%
MIN-MAX-MEAN SpO ₂	80% - 98% - 91%

	Desaturations	
	3%	4%
sAHI _{TOTAL}	48	29
sAHI _{OBSTRUCTIVE}	46	28
sAHI _{CENTRAL}	2	1
sRDI	49	49
ODI	43	32

	Min	Max	Mean
APNEA DURATION (sec)	8	64	24
HEART RATE (BPM)	38	101	53

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:

