

Sleep Test Report

			Study Date: 5/22/2026
Patient Name:	Sample Name	Recording Device:	Alice NightOne
Sex:	Female	Height:	5.2 in.
D.O.B.:	01/01/1974	Weight:	189.60 lbs.
Age:	52 years	B.M.I.:	34.4 lb/in²

Times and Durations			
Lights off clock time:	9:39:19 PM	Total Recording Time (TRT):	549.7 minutes
Lights on clock time:	6:49:01 AM	Time In Bed (TIB):	549.7 minutes
		Monitoring Time (MT):	543.2 minutes

Device and Sensor Details	
The study was recorded on a Philips Respironics Alice NightOne device using 1 RIP effort belt and a pressure-based flow sensor. The heart rate is derived from the oximeter sensor and the snore signal is derived from the pressure sensor. The device also records body position and uses it to determine the monitoring time (sleep/wake periods).	

Summary							
REI	3.4	OAI	2.3	CAI	0.4	Lowest Desat	71

REI is the number of respiratory events per hour. OAI is the number of obstructive apneas per hour. CAI is the number of central apneas per hour. Lowest Desat is the lowest blood oxygen level that lasted at least 2 seconds.



RESPIRATORY EVENTS									
	Index (#/hour)	Total # of Events	Mean duration (sec)	Max duration (sec)	# of Events by Position				
					Supine	Prone	Left	Right	Up
Central Apneas	0.4	4	12.6	16.5	4	0	0	0	0
Obstructive Apneas	2.3	21	27.5	117.0	19	0	0	0	2
Mixed Apneas	0.4	4	14.9	20.5	4	0	0	0	0
Hypopneas	0.2	2	39.3	44.0	2	0	0	0	0
Apneas + Hypopneas	3.4	31	24.7	117.0	29	0	0	0	2
RERAs	0.0	0	0.0	0.0	0	0	0	0	0
Total	3.4	31	24.7	117.0	29	0	0	0	2
Time in Position					423.5	0.5	4.1	114.2	2.8
REI in Position					4.1	0.0	0.0	0.0	120.0

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Positional Summary		
	Supine	Non-Supine
Total # of Events	29	2.00
Total Duration (minutes)	423.5	121.60
Sleep Duration (minutes)	423.1	119.80
REI in Position	4.1	1.00
REI _{Supine} / REI _{Non-Supine} Ratio	4.09	

Positional Sleep Apnea is indicated if REI (supine) $\geq 2 \times$ REI (non-supine) per Cartwright, Sleep. 1984;7(2).

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Oximetry Summary		
	Dur. (min)	% TIB
<90 %	22.5	4.1
<85 %	14.7	2.7
<80 %	5.0	0.9
<70 %	0.0	0.0
Total Dur (min) < 89		21.1 min
Average (%)		95
Total # of Desats		0
Desat Index (#/hour)		0.0
Desat Max (%)		0
Desat Max dur (sec)		0.0
Lowest SpO2 % during sleep		71
Duration of Min SpO2 (sec)		3
Highest SpO2 % during sleep		99
Duration of Max SpO2(sec)		15

Heart Rate Stats	
Mean HR during sleep	71.2 (BPM)
Highest HR during sleep	96 (BPM)
Highest HR during TIB	96 (BPM)
Lowest HR during sleep	57 (BPM)
Lowest HR during TIB	57 (BPM)

Snoring Summary	
Total Snoring Episodes	235
Total Duration with Snoring	86.1 minutes
Mean Duration of Snoring	22.0 seconds
Percentage of Snoring	15.9 %

