

DIAGNOSTIC SLEEP STUDY REPORT

DATE OF THE STUDY PERFORMED:

Diagnostic study was performed on 5/12/2026.

SCORINGBY:

This Study has been manually scored by as per AASM guidelines.

PROCEDURE:

This included recording electroencephalogram, electrooculograms, submental is electromyogram, airflow, respiratory effort, oxygen saturation, anterior tibialis electromyogram. Recordings were scored manually according to published guidelines.

**The application of channels is subjected to technical and clinical usage.*

FINDINGS:

1. Diagnostic study was performed for 509.0 minutes.

Study values	Normal values
Sleep Efficiency : 83.4 %	≥ 85% normal
Sleep Latency : 13.5 min	5 -15 mins
AHI : 74.2	< 5/hr normal
RDI : 74.6	< 5/hr normal
SaO ₂ Nadir : 66%	≥ 88%
Arousal Index : 18.8	< 5 /hr normal
PLM Index : 0.0	< 5 /hr normal

OPINION:

Based on nocturnal sleep study, findings are referring to evidence of severe sleep disordered breathing (SDB). Kindly correlate with clinical examination for further evaluation.

TREATMENT RECOMMENDATIONS:

For the patient's sleep-disordered breathing, we suggest another sleep evaluation could be conducted for titration with positive airway pressure. However, clinical correlation is recommended.

If positive airway pressure is prescribed, a 3 month follow-up consultation should be arranged with the patient's care provider. If significant weight loss or gain occurs (>20% change), a positive pressure re-titration could be scheduled

- In the longer term, we suggest that the patient could lose weight with medical supervision.
- The patient could be cautioned about the use of central nervous system depressants (especially alcohol, sedatives, and hypnotics) because they may further impair sleep-related breathing.
- We suggest regularization and extension of the sleep schedule because sleep deprivation is known to worsen sleep-disordered breathing and is a major contributor to daytime sleepiness.

Dr

PSG REPORT

Patient Information

Name:Sample Name	Age:50	Interp Phys:
MR #101	Ht-in:5'7inch	Referred By:
PT ID #101	Wt-kg:92kg	Recorded By:
Sex:M	BMI:31.8	Scored By:Dr.Murali
Study Indication:		

Polysomnography was conducted on the night of 5/12/2026. The following were monitored: central and occipital EEG, electrooculogram (EOG), submentalis EMG, nasal and oral airflow, thoracic and abdominal wall motion, anterior tibialis EMG, body position and electrocardiogram. Arterial oxygen saturation was monitored with a pulse oximeter. The tracing was scored using 30 second epochs. Hypopneas were scored per AASM definition

Sleep Summary

Lights Out:	9:43:40 PM	Stage	Duration	% TST
Lights On:	6:12:40 AM	N1	12.0 min	2.8%
Total Recording Time:	509.0 min	N2	303.5 min	71.5%
Total Sleep Time (TST):	424.5 min	N3	90.5 min	21.3%
Sleep Period Time:	495.0 min	R	18.5 min	4.4%
Sleep Onset:	9:57:10 PM			
Sleep Efficiency:	83.4 %	Latencies	From Lights Out	From Sleep Onset
Sleep Latency (from LOff):	13.5 min	N1	13.5 min	0.0 min
R Latency (from Sleep Onset):	353.5 min	N2	14.0 min	0.5 min
Wake After Sleep Onset (WASO):	71.0 min	N3	24.0 min	10.5 min
Wake During Sleep:	70.5 min	R	367.0	353.5
Total Wake Time:	84.5 min			
% Wake Time:	16.6			

Respiratory Summary

By Event Classification	Central			Mixed			Obstructive		
	Count	Mean	Max	Count	Mean	Max	Count	Mean	Max
Apneas, NREM	0	0.0	0.0	0	0.0	0.0	425	17.2	90.0
Apneas, REM	0	0.0	0.0	0	0.0	0.0	18	14.4	54.0
Apneas, Total	0	0.0	0.0	0	0.0	0.0	443	17.1	90.0
*Hypopneas scored based on 3% or greater desaturation.									
Hypopneas, NREM	82	21.6	59.5	RERAs, NREM			3	18.0	21.0
Hypopneas, REM	0	0.0	0.0	RERAs, REM			0	0.0	0.0
Hypopneas, Total	82	21.6	59.5	RERAs, Total			3	18.0	21.0
Event Statistics	Total				With Arousal				
	Count	Index			Count		Index		
Apneas, Total	443	62.6			37		5.2		
Hypopneas, Total	82	11.6			8		1.1		
Apnea + Hypopnea Total	525	AHI: 74.2			45		6.4		
Apnea + Hypopnea NREM	507	AHI: 74.9			44		6.5		
Apnea + Hypopnea REM	18	AHI: 58.4			0		0.0		
RERAs, Total	3	0.4			1		0.1		
Total Events (A+H+RERA) Total	528	RDI: 74.6			46		6.5		
Total Events (A+H+RERA) NREM	510	RDI: 75.4			45		6.7		
Total Events (A+H+RERA) REM	18	RDI: 58.4			0		0.0		

Findings are based on actual recordings. Probabilities of differentiation may be rectified with clinical findings.

Cheyne Stokes Breathing: None Present

Hypoventilation: None Present

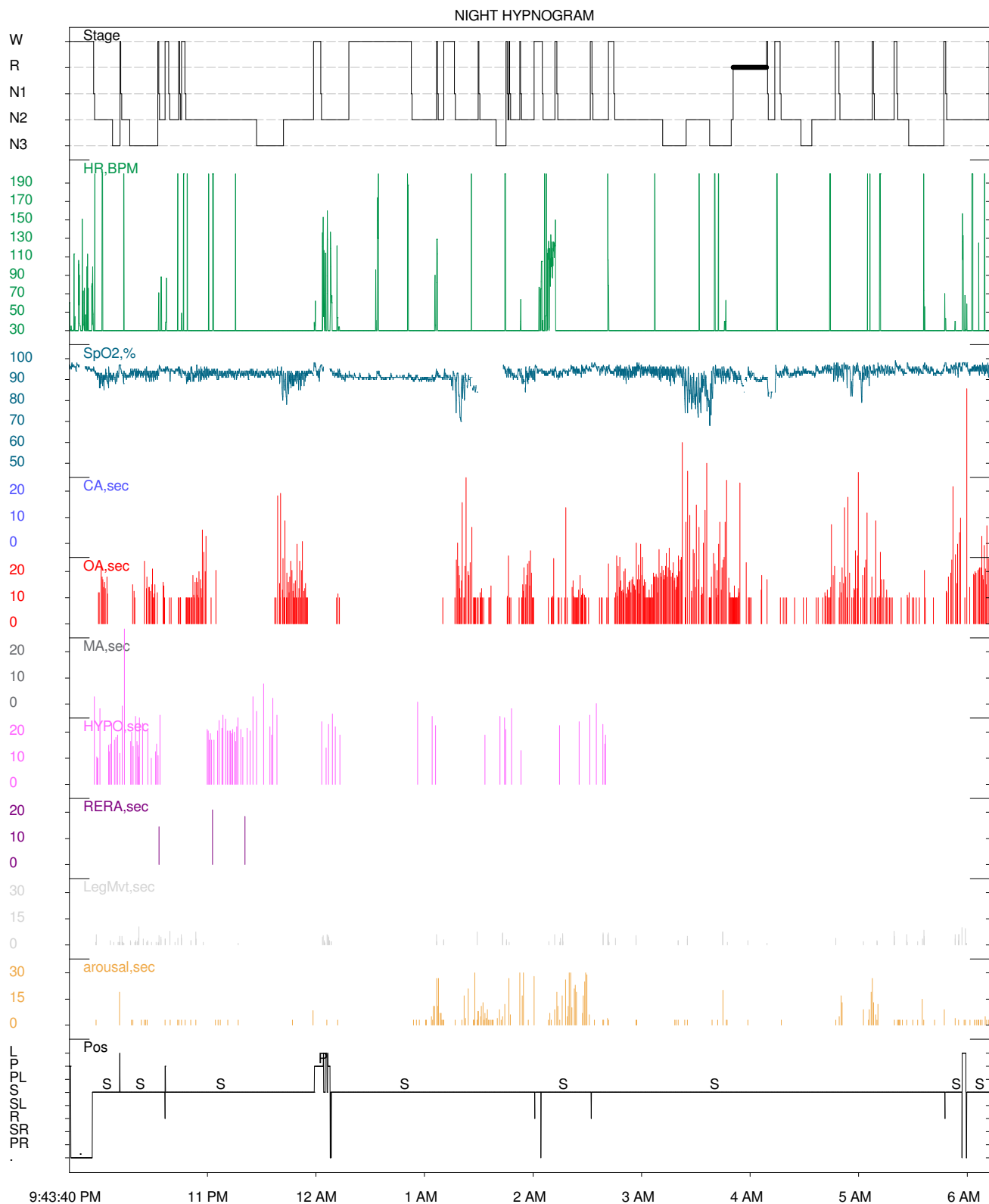
Respiratory Summary by Body Position											
By Body Position	Back	Left	Right	Prone	Total		Back	Left	Right	Prone	Total
Apn Index, REM	58.4	0.0	0.0	0.0	58.4	AHI, REM	58.4	0.0	0.0	0.0	58.4
Apn Index, NREM	63.7	17.6	0.0	0.0	62.8	AHI, NREM	75.5	52.9	0.0	44.4	74.9
Apn Index, Total	63.5	17.6	0.0	0.0	62.6	AHI, Total	74.7	52.9	0.0	44.4	74.2
Hyp Index, REM	0.0	0.0	0.0	0.0	0.0	RDI, REM	58.4	0.0	0.0	0.0	58.4
Hyp Index, NREM	11.7	35.3	0.0	44.4	12.1	RDI, NREM	75.9	52.9	0.0	44.4	75.4
Hyp Index, Total	11.2	35.3	0.0	44.4	11.6	RDI, Total	75.1	52.9	0.0	44.4	74.6
Duration (min)	484.0	3.4	0.5	6.4	495.0	TST (min)	417.7	3.4	0.1	2.7	509.0

Heart Rate Summary	
Average Heart Rate During Sleep	74.5 bpm

Periodic Leg Movements	
Total # Limb Movement	Limb Movement Index
Total # PLMS	PLMS Index
Total # PLMS Arousals	PLMS Arousal Index

Arousals					
	Total #	Respiratory	Limb Movement	Snore	Spontaneous
REM	1	0		0	0
NREM	124	45		0	67
WAKE	0	0		0	0
TOTAL	125	46		0	67
INDEX	18.8	6.5		0.0	9.9

Oximetry Data				
Average O2 while awake	93 %	Average O2 while in Non-REM		93 %
Average O2 while in REM	91 %	Approximate minimum O2 value		67 %
Oximetry Distribution				
	WK	REM	NREM	Total
<50 % (min)	0.0	0.0	0.0	0.0
<60 % (min)	0.0	0.0	0.0	0.0
<70 % (min)	0.0	0.0	0.3	0.3
<75 % (min)	0.0	0.0	2.0	2.0
<80 % (min)	0.0	0.0	5.2	5.2
<85 % (min)	0.2	0.2	15.1	15.5
<90 % (min)	1.2	3.9	37.8	42.9
<95 % (min)	58.7	17.0	283.6	359.3
<0 % (min)				
Fail (min)	4.6	1.3	21.1	27.0
Average (%)	93	91	93	93
Desat Index (#/hour)		34.9	52.7	51.9
Desat Max (%)	6	6	24	24
Desat Max Dur (sec)	24.0	20.0	81.0	81.0
Oximetry Summary				
	W	R	NR	Total
Fail Duration (min)	4.6	1.3	21.1	27.0
Average (%)	93	91	93	93
# of Desaturations*	5	10	338	348
Desat Index (#/hour)		34.9	52.7	51.9
Desat Max Dur (sec.)	24.0	20.0	81.0	81.0
*Desaturations based on 3% or greater drop from baseline.				
Minimum SpO2 value during sleep: 66%				
Minimum SpO2 value duration during sleep: 1 seconds				
Minimum SpO2 value associated with a respiratory event: 66%				



Findings are based on actual recordings. Probabilities of differentiation may be rectified with clinical findings.