

Summary of Sleep Analysis

Patient Information

Name :

Device no: **1435**

Report generated: **17 May 2022 13:23**

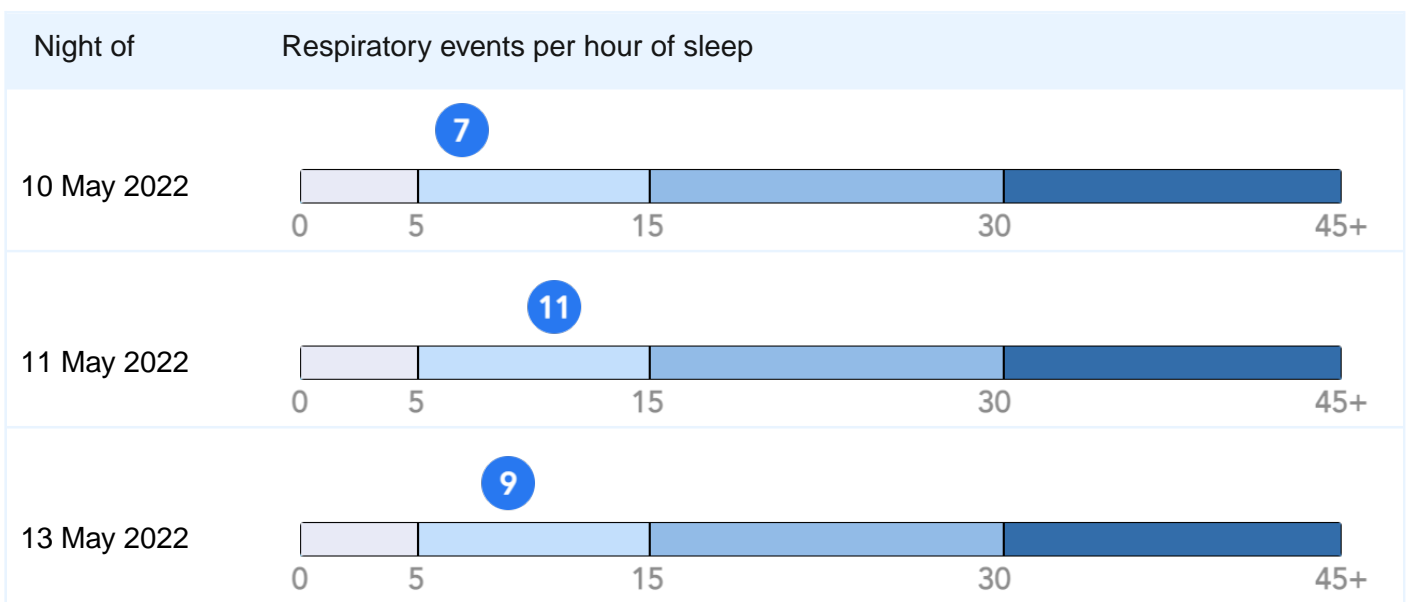
Information about the recording

Night of	Bed In Time IST	Bed Out Time-IST	Time in bed	Total Sleep time	Sleep-efficiency*
10 May 2022	00:56:24 (+1)	06:53:24 (+1)	5 hr 57 min	5 hr 35 min	93.78 %
11 May 2022	01:23:55 (+1)	06:30:15 (+1)	5 hr 7 min	4 hr 34 min	89.24 %
13 May 2022	01:37:11 (+1)	07:54:11 (+1)	6 hr 17 min	5 hr 38 min	89.65 %

(+1) indicates that the recording continued until the next day

* Ratio between sleep time and time in bed

Sleep Apnea



Severity of sleep apnoea:

The displayed value corresponds to the number of respiratory events (e.g. breathing pauses) per hour of sleep and is comparable to the AHI (Apnea-Hypopnea Index). The following severity classifications and recommendations based on the AHI were established by the American Academy of Sleep Medicine (AASM) and are commonly used in clinical practice (1):

Summary of Sleep Analysis

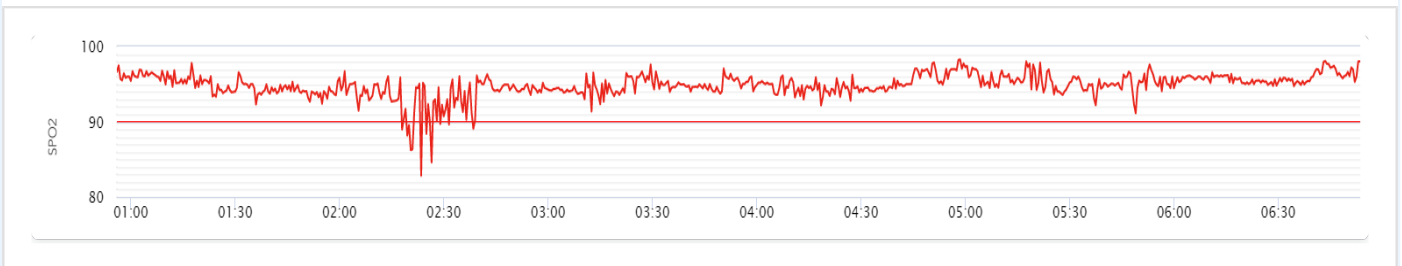
- 0-5: These values do not indicate sleep apnea. Without symptoms, no sleep therapy is needed.
- 5-15: These values could indicate mild sleep apnea. Without symptoms no therapy may be needed. It is recommended to consult a doctor, especially if there are associated symptoms.
- 15-30: These values could indicate moderate sleep apnea. It is recommended to consult a doctor. Therapy may be recommended, especially if there are associated symptoms.
- 30+: These values could indicate severe sleep apnea. It is recommended to consult a doctor. Therapy is recommended.

Blood Oxygen saturation

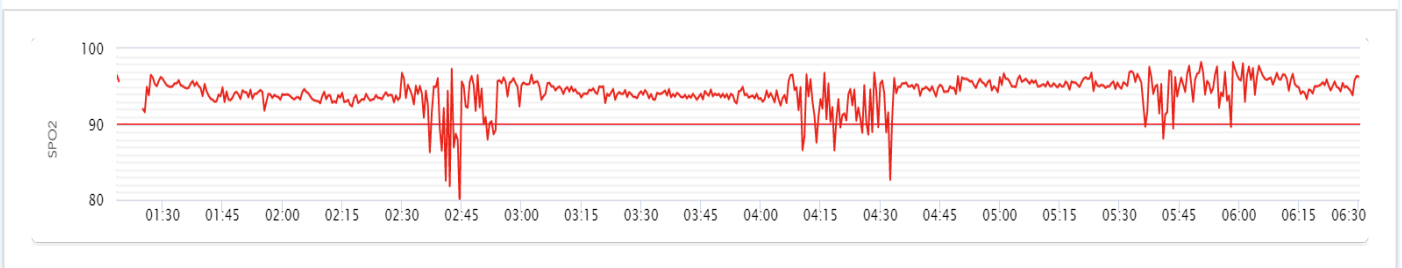
Night of	Time SpO2-Signal	ODI* Normal: < 5/h	Ø SpO2 Normal: > 94%	Min SpO2	Max SpO2	Time <90% SpO2
10 May 2022	5 hr 58 min	20.4	94.9 %	75 %	99 %	0 hr 8 min
11 May 2022	5 hr 6 min	21.7	94.2 %	75 %	99 %	0 hr 15 min
13 May 2022	6 hr 17 min	22.7	95.0 %	76 %	100 %	0 hr 6 min

* Oxygen Desaturation Index: Number of desaturations ($\geq 3\%$) per hour of sleep

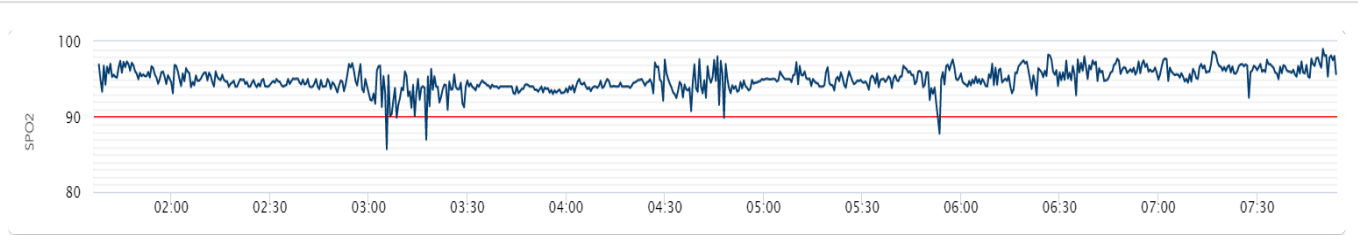
10 May 2022



11 May 2022



13 May 2022



Breathing Rate

Night of	Ø Breathing Rate Normal: 10-16/min	Min. Breathing Rate 90% of the time- above this value	Max. Breathing Rate 90% the time below this value
10 May 2022	16.1 /min	14.1 /min	17.5 /min
11 May 2022	16.9 /min	15.0 /min	18.5 /min
13 May 2022	15.0 /min	13.8 /min	16.4 /min

Pulse Rate

Night of	Ø Pulse Rate Normal: 60-80/min Ca. 50 /min at rest	Min. Pulse Rate 90% the time above this value Normal: >40 /min	Max. Pulse Rate 90% the time below this value Normal: <90 /min
10 May 2022	73.0 /min	68.0 /min	82.6 /min
11 May 2022	81.0 /min	73.0 /min	92.0 /min
13 May 2022	74.0 /min	66.0 /min	82.0 /min

Comments

In the sleep apnea graph, you can see how many respiratory events (e.g., breathing pauses) per hour of sleep have been observed in your sleep. You can find general recommendations in the explanation below the graph.

Please note that sleep therapy is recommended if your score is above 15 events per hour of sleep. If your values are below 15 events per hour of sleep and you also have symptoms such as tiredness, headaches, fatigue or a dry mouth in the morning, it is still advisable to consult a sleep specialist.

Please feel free to contact us if you have any questions.

If you can see the letters NA in your evaluation, this means that the value is not displayable.

Reasons for this could be that you were too far away from the device, the data quality was too low, or you were not wearing the pulse oximeter. In this case, no pulse rate is displayed either.

The guideline values given in this report have been checked by doctors but may differ from your individual optimum values. If you have any questions about your individual optimum values, it is best to contact your doctor.

References:

1. Flemons, W. W. et al. Sleep-related breathing disorders in adults: Recommendations for syndrome definition and measurement techniques in clinical research. *Sleep* vol. 22 <https://academic.oup.com/sleep/article/22/5/667/2726040> (1999).