

Sleep Study Report

			Study Date: 4/17/2016
Patient Name:	Doe. John		
Sex:	M	Height:	64.0 in.
D.O.B.:	6/4/1974	Weight:	216.0 lbs.
Age:	39 years	B.M.I.:	37.1 lb/in ²

HISTORY:

Patient presents for a Home Sleep Test (HST) evaluation. He is a 39 year old man with history of OSA, HTN, Hyperlipidemia and VSD. He reports symptoms of daytime fatigue and shortness of breath at night. His Epworth Sleepiness Score is 8/24.

IMPRESSION:

1. Severe Obstructive Sleep Apnea (worse in the supine position)
2. Obesity

RECOMMENDATIONS:

1. Patient should have an attended overnight CPAP/BIPAP titration study, as this is optimal therapy for severe sleep apnea.
2. Weight loss would help reduce the severity of his sleep apnea.
3. In the meantime, the patient should be advised to sleep on his side as this was associated with less frequent apneas.
4. Avoid drinking alcohol prior to bedtime.

I attest that I have conducted an epoch-by-epoch review of the raw data and confirmed that the quality of the recording and the scoring of sleep and associated events is sufficient to allow for interpretation.

Times and Durations			
Lights off clock time:	9:10:04 PM	Total Recording Time (TRT):	423.1 minutes
Lights on clock time:	4:13:10 AM	Monitoring Time (MT):	368.5 minutes

Summary							
AHI	49.7	OAI	18.9	CAI	2.0	Lowest Desat	81

AHI is the number of apneas and hypopneas 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.

Hypopneas were scored per AASM definition VIII4.B (3% desaturation).

RESPIRATORY EVENTS									
	Index (#/hour)	Total # of Events	Mean duration (sec)	Max duration (sec)	# of Events by Position				
					Supine	Prone	Left	Right	Up
Central Apneas	2.0	12	21.0	58.5	7		4	1	0
Obstructive Apneas	18.9	116	22.8	304.5	94		8	14	0
Mixed Apneas	2.4	15	22.3	51.0	7		4	4	0
Hypopneas	26.4	162	30.0	57.0	109		28	24	1
Apneas + Hypopneas	49.7	305	26.5	304.5	217		44	43	1
Total	49.7	305	26.5	304.5	217		44	43	1
Time in Position					210.7		62.7	94.4	0.5
AHI in Position					61.8		42.1	27.3	120.0

Oximetry Summary		
	Dur. (min)	% TIB
<90 %	12.7	3.0
<85 %	0.4	0.1
<80 %	0.0	0.0
<70 %	0.0	0.0
Total Dur (min) < 0		min
Average (%)		94
Total # of Desats		236
Desat Index (#/hour)		38.8
Desat Max (%)		12
Desat Max dur (sec)		58.0
Lowest SpO2 % during sleep		81
Duration of Min SpO2 (sec)		10

Heart Rate Stats	
Mean HR during sleep	84.7 (BPM)
Highest HR during sleep	111 (BPM)
Highest HR during TIB	114 (BPM)

Snoring Summary	
Total Snoring Episodes	872
Total Duration with Snoring	159.6 minutes
Mean Duration of Snoring	11.0 seconds
Percentage of Snoring	43.3 %

