

# Diagnostic Sleep Clinic

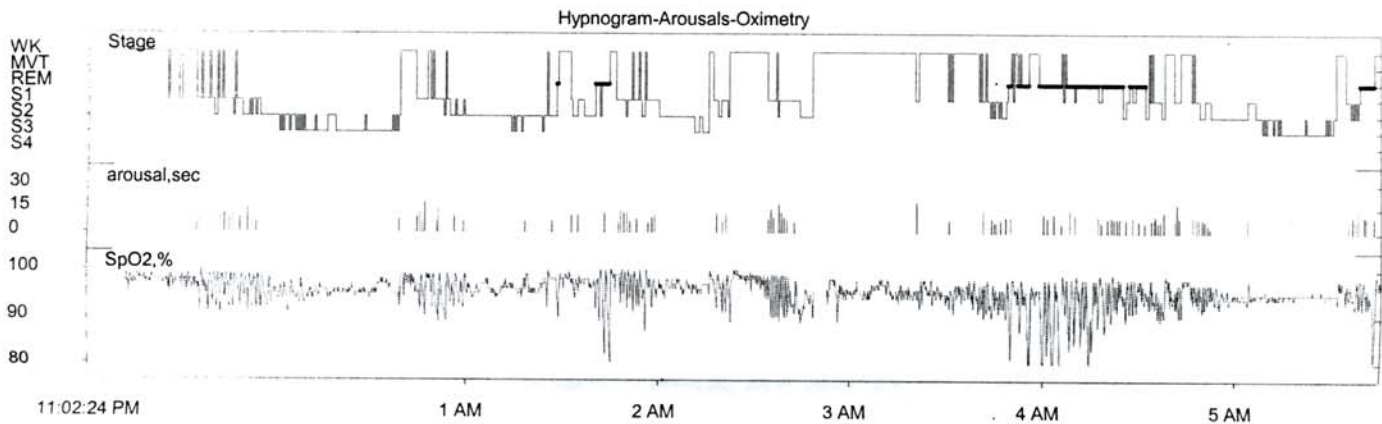
## OVERNIGHT POLYSOMNOGRAPHY REPORT

Name: **SHIRLEY BELL**

Age: **63**

Sex: **F**

Test Date: **06-Dec-05 (43206)**



### SLEEP PARAMETERS

				Normal Values
Start Time	11:02:24 PM	% Wake	27.0	(<5%)
Lights Out	11:14:24 PM	# Awakenings	36	
Lights On	5:45:24 AM	% Stage 1	27.4	(2-5%)
Time in Bed	391.0 min	% Stage 2	39.0	(45-55%)
Total Sleep Time	268.0 min	% Stage 3 & 4	18.7	(Young Adult 13-23%)*
Sleep Efficiency (time in bed)	68.5 %	% Stage REM	14.9	(20-25%)
Sleep Latency to Stage 1	13.0 min	Wake During Sleep	99.0 min	
Sleep Latency to Stage 2	27.5 min	Wake After Sleep	2.0 min	
REM Latency (N 80-110 min)	134.0 min	# Sleep Stage Shifts	193	

\*Stage 3 & 4 decrease with age

### RESPIRATORY DATA

	# APNEAS & HYPOPNEAS				APNEA & HYPOPNEA INDEX				
	Obs	Mixed	Central	Hyp	Supine (13.51 min)	Non-Supine (254.46 min)	REM	NREM	TST**
# Events	106	11	0	46					
Mean Duration	38.5	33.2	0.0	39.2	57.72	35.37	49.5	34.2	36.5
Max Duration	91.5	53.0	0.0	89.0					

\*\*TST = Total Sleep Time

### OXIMETRY DATA

OXYGEN DESATURATION INDEX			AVERAGE SpO <sub>2</sub>			MINIMUM SpO <sub>2</sub> WITH RESPIRATORY EVENTS
REM	NREM	TOTAL	AWAKE	REM	NREM	
55.5	24.3	29.0	96%	93%	95%	72%

### PERIODIC LEG MOVEMENT DATA

Total number of PLM episodes:	0	Isolated Leg Movement Index (#/h):	
Periodic Leg Movement Index (#/h):	0	Total Leg Movement Index:	0

### AROUSAL DATA

	# AROUSALS					AROUSAL INDEX
	Total Number	With resp. event	With resp. event & desaturation	Leg Mvt Arousals	Spontaneous Arousals	
Microarousals	91	5	79	0	7	21.7
Arousals >15sec	6	1	5	0	0	

**BODY POSITION & AHI**

Body Position	Time (min)	REM (min)	NREM (min)	OA (#)	MA (#)	CA (#)	HYP (#)	Index (#/h)
Supine	13.51	0.00	13.51	3.00	8.00	0.00	2.00	57.72
Non-supine	254.46	111.28	143.18	103.00	3.00	0.00	44.00	35.37

**Definitions**

**Apnea And Hypopnea Index: (AHI)** Total number of apneas and hypopneas/hour.

*The Apnea and hypopnea (AHI) index is categorized as mild (AHI 5-15), moderately severe (AHI 15-30) and severe (AHI >30) based on the current consensus of the American Academy of Sleep Medicine (Sleep 1999; 22:667-689).*

**Apnea:** Cessation of airflow for 10 seconds or longer.

**Hypopnea:** Decrease in airflow for 10 seconds or longer associated with decrease in SaO<sub>2</sub> by more than 3% and/or arousal from sleep.

**Index:** Number of events per hour.

**Periodic Limb Movements Disorder (PLMD)** **Mild PLMD** = PLM Index 5-25. **Moderate** = Index 25-50. **Severe** = Index >50.

**Arousal or Microarousal:** Lightening of sleep for more than 3 seconds.

**Arousal Index:** Number of arousal per hour.

**Time In Bed (TIB):** Time from lights off till lights on.

**Sleep Period Time (SPT):** Sleep onset to last minute of sleep.

**Total Sleep Time (TST):** REM + NREM + Movement Time.

**REM Sleep:** Rapid Eye Movement Sleep.

**NREM Sleep:** Non Rapid Eye Movement Sleep (stages 1 + 2 + 3 + 4 sleep).

**Delta Sleep:** Stage 3 + 4 sleep. Also called deep sleep or slow wave sleep.

**Sleep Efficiency:** 100 x TST/TIB. Should be greater than 90%.

**Sleep Latency:** Time from the start of study to the first epoch (30 seconds) of sleep.

**REM latency:** Time from sleep onset to REM sleep onset.

**Nasal CPAP:** Nasal Continuous Positive Airway Pressure.