



Epworth Rehabilitation Camberwell Sleep Unit

Epworth
HealthCare

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Patient: [Redacted]
Study Date: [Redacted]
Date of Birth: 14/10/1974
Weight: 126.3 kg

Physician: [Redacted]
Gender: Male
Height: 170 cm
BMI: 43.7 kg/m²

DIAGNOSTIC SLEEP STUDY

SLEEP STATISTICS

Report time from 23:10:24 to 05:36:53	= 366.5 min
Time available for sleep (lights out)	= 343.5 min
Sleep latency	= 3.5 min
REM latency	= 49.5 min
Sleep period from 23:50:54 to 05:23:23	= 332.5 min
Total time awake during sleep period	= 53.5 min
Stage N1 = 10.5 min 3.8%	Total Sleep = 279.0 min
Stage N2 = 207.5 min 74.4%	NREM Sleep = 244.0 min 87.5%
Stage N3 = 26.0 min 9.3%	REM Sleep = 35.0 min 12.5%
	Sleep Efficiency = 81.2%

RESPIRATORY AND SaO₂ STATISTICS

	Back	NREM Other	All	Back	REM Other	All
SaO ₂ % min average	-	90	90	-	90	90
SaO ₂ % lowest	-	85	85	-	78	78
AHI						
Central Apnoea	0.0	0.2	0.2	0.0	1.7	1.7
Obstructive Apnoea	0.0	2.5	2.5	0.0	0.0	0.0
Mixed Apnoea	0.0	0.2	0.2	0.0	0.0	0.0
Hypopnoea	0.0	110.9	110.9	0.0	73.7	73.7
Apnoea + Hypopnoea	0.0	113.9	113.9	0.0	75.4	75.4
			113.9/hr			75.4/hr
TST						
	Average duration (sec)	Total duration (min)	Total Scored	Per hour		
Central Apnoea	12	0	2	0.4		
Obstructive Apnoea	13	2	10	2.2		
Mixed Apnoea	14	0	1	0.2		
Hypopnoea	14	116	494	106.2		
Apnoea + Hypopnoea	14	119	507	109.0		
Total AHI				109.0/hr		
Oxygen Desaturation Index ≥ 3%				= 72.5/hr		
Oxygen Desaturation Index ≥ 4%				= 42.4/hr		
SaO ₂ awake average				= 94%		
Average SaO ₂ desaturation				= 4%		
Mean Apnoea / Hypopnoea duration				= 14 sec		
Longest Apnoea / Hypopnoea				= 20 / 57 sec		

PLM / LM STATISTICS

Number of PLM's /hr (NREM)	= 0.0	Number of Limb Movements /hr (NREM)	= 85.6
Number of PLM's /hr (REM)	= 0.0	Number of Limb Movements /hr (REM)	= 51.4
Number of PLM's /hr (TST)	= 0.0	Number of Limb Movements /hr (TST)	= 81.3

AROUSAL STATISTICS

	Other	REM	NREM	TST
Per hour				
Spontaneous	0.4	12.0	9.1	9.5
Limb	0.9	3.4	5.4	5.2
Respiratory	1.9	46.3	84.1	79.4
RERA	0.0	0.0	0.0	0.0
Total				94.0/hr