

## Sleep Study Report



Name of Patient: Study1 Study1  
Name of Referring Doctor: - -  
Date of Study: 10/17/2006

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Dear Study1 Study1,

I would like to thank you for undertaking the Watch-PAT100 ambulatory sleep study. I would now like to review with you the results that you received.

Your total study time (which is calculated from the time you turned the device on until you pulled it off) was 7 hrs, 32 min. But as we are testing for obstructive sleep apnea and are interested in the time that you were asleep, your total sleep time was 6 hrs, 36 min. On average, a person with normal sleep habits sleeps between 6 - 8 hours a night.

### **Looking at your sleep statistics we can learn some vital information:**

Your apnea/hypopnea index (abbreviated as AHI) was found to be 20.9. This score is the average number of apnea and hypopnea events per hour of sleep during the night. Apnea event is an episode of fully occluded breathing of more than 10 seconds, and an hyponea event is an episode of partial occlusion. The normal range of the AHI score is 5 or lower.

Your respiratory disturbance index (RDI) was found to be 21.5. This score is calculated in a very similar way as the AHI but an additional type of respiratory events named RERA are also counted. RERA is the abbreviation for Respiratory Effort Related Arousal and is essentially a very short arousal of a few seconds that follows partial occlusion of the airways. The normal range of the RDI score is also 5 or lower.

Your oxygen desaturation index (ODI) was found to be 13.5. This score is the average number of times the oxygen in your blood dropped by 4% or more during an hour of sleep. As you can imagine, the more your oxygen drops the harder the heart must work. The normal range of the ODI is 5 or lower.

Looking at your REM sleep stage (Rapid Eye Movement) we find that you were in this stage 36.1% of your sleep time. REM sleep is very important as during this stage your body is being replenished and nurtured. The normal range of the REM score is between 15 to 30% pending some other conditions. REM stage is also believed to be the time during which we dream.

If I can be of any further assistance, please contact my front desk to make an appointment.

Regards,