

The London Sleep Centre

137 Harley Street

London W1G 6BF

tel: 020 7725 0523

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ANALYSIS REPORT

Recording identification

Patient name	██████████	Acq	: 1287
First name	██████████	Type	: Adult
Sex	: M	Started	: 19/04/2021 at 21:50:41
Birth date	██████████	Stopped	: 20/04/2021 at 14:28:41
Patient age	: 27 years	Duration	: 16:38:00 (998.0 min)

SLEEP DATA 1

Times

		[Default values]
Recording start	: 21:50:41	
Light off (LO)	: 02:46:41	[Recording start]
Sleep onset (SO)	: 03:36:41	[1 page S2,S3,S4 or REM]
Last sleep page (LSP)	: 05:40:11	
Light on (LON)	: 09:14:29	[Recording end]
Recording end	: 14:28:41	

Durations

Recording duration	: 998.0 min	Recording start -> end
TIB	: 387.8 min	Light off -> Light on
SPT	: 124.0 min	Sleep Onset -> Last Sleep Page
TST	: 121.5 min	REM + NREM + MVT (during SPT)
WK before sleep	: 50.0 min	WK from Light off to Sleep onset
WK during sleep	: 2.5 min	SPT - TST
WK after sleep	: 213.8 min	WK from Last sleep page to Light on
TWK duration (tot)	: 266.3 min	All WK summed
REM duration	: 7.0 min	REM (during TIB)
NREM duration	: 114.5 min	S1 + S2 + S3 + S4 (during TIB)
SWS duration	: 54.5 min	S3 + S4 (during TIB)
Movement	: 0.0 min	MVT (during TIB)

Latencies

	From Light off (min)	From Sleep onset (min)
Sleep onset	50.0	-
S1	50.0	0.0
S2	51.5	1.5
S3	64.0	14.0
S4		
REM	122.5	72.5

General

Stage shifts	: 18	
Sleep efficiency 1	: 31.3%	100 x TST/TIB
Sleep efficiency 2	: 98.0%	100 x TST/SPT
Sleep efficiency 3	: 50.6%	100 x (S3+S4+REM)/TST
Inter-sleep WK	: 2.0%	WK in sleep / SPT

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SLEEP DATA

Sleep stages distribution

	Episodes (# of)	duration (min)	TIB (%)	SPT (%)	TST (%)
WK (SPT)	2	2.5	-	2.0	--
WK (TIB)	4	266.3	68.7	--	--
REM	1	7.0	1.8	5.6	5.8
S1	3	2.5	0.6	2.0	2.1
S2	6	57.5	14.8	46.4	47.3
S3	4	54.5	14.1	44.0	44.9
S4	0	0.0	0.0	0.0	0.0
MVT	0	0.0	0.0	0.0	0.0

Respiratory events summary (Total sleep time)

	CA	OA	MA	Sum Ap	HYP	Events
Settings (sec)	10.0	10.0	10.0	-	10.0	-
Number	0	1	0	1	24	25
Max (sec)	0.0	64.0	0.0	64.0	46.0	64.0
Mean (sec)	0.0	64.0	0.0	64.0	24.6	26.2
Tot duration (min)	0.0	1.1	0.0	1.1	9.8	10.9
TST (121.5 min)						
% of TST	0.0	0.9	0.0	0.9	8.1	9.0
Index [#h TST]	0.0	0.5	0.0	0.5	11.9	12.3

Respiratory Disturbance Index (Total sleep time)

	REM #/h (REM)	NREM #/h(NREM)	TST #/h (sleep)
RDI	34.3	11.0	12.3

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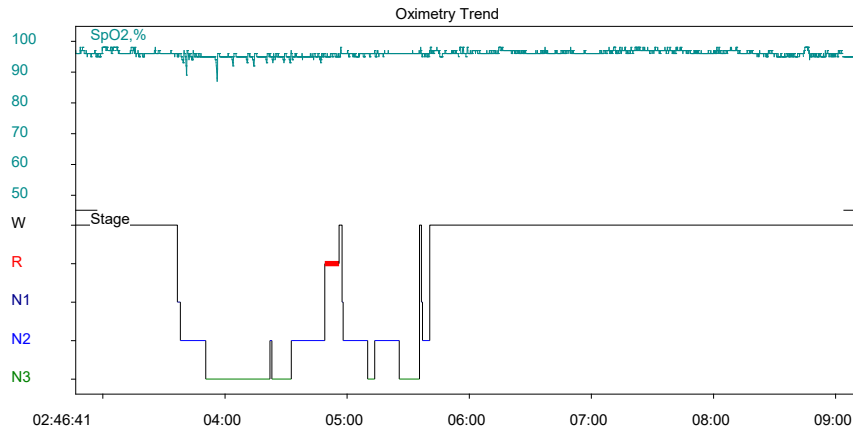
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OXIMETRY SUMMARY



Oximetry distribution

SpO2 Value %	Total Duration (minutes)			
	WK	REM	NREM	TOTAL
<50	0.0	0.0	0.0	0.0
<60	0.0	0.0	0.0	0.0
<70	0.0	0.0	0.0	0.0
<75	0.0	0.0	0.0	0.0
<80	0.0	0.0	0.0	0.0
<85	0.0	0.0	0.0	0.0
<90	0.0	0.0	0.5	0.5
<95	0.1	0.0	10.0	10.1
<89	0.0	0.0	0.3	0.3

	WK	REM	NREM	TOTAL
Fail duration (min)	2.7	0.0	0.0	2.7
Average (%)	96	95	95	96
Desat Index (#/hour)	0.0	0.0	4.2	4.0
Duration desat/hour	0.0	0.0	3.0	2.8
Desat max (%)	0	0	8	8
Desat max dur (sec)	0.0	0.0	58.0	58.0

Longest continuous duration spent below 89%: 0.3 minute(s)

Lowest SpO₂ (>= 2 seconds) [%]: 87

Episodes (>= 5.0 minutes) SpO₂ < 88 %: 0

Longest duration SpO₂ < 88 %: 0.0 minute(s)

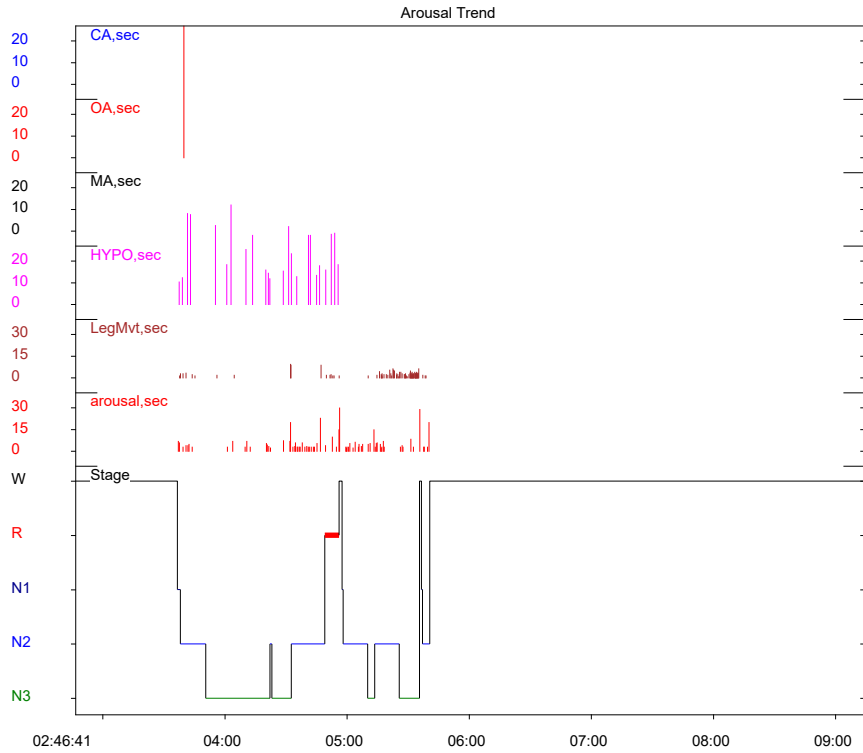
Respiratory event O₂ min levels

Mean of the resp. event SpO₂ min levels [%]: 93

Mean of the resp. event SpO₂ min levels with desat [%]: 88

Minimum of the resp. event SpO₂ min levels [%]: 87

AROUSAL SUMMARY



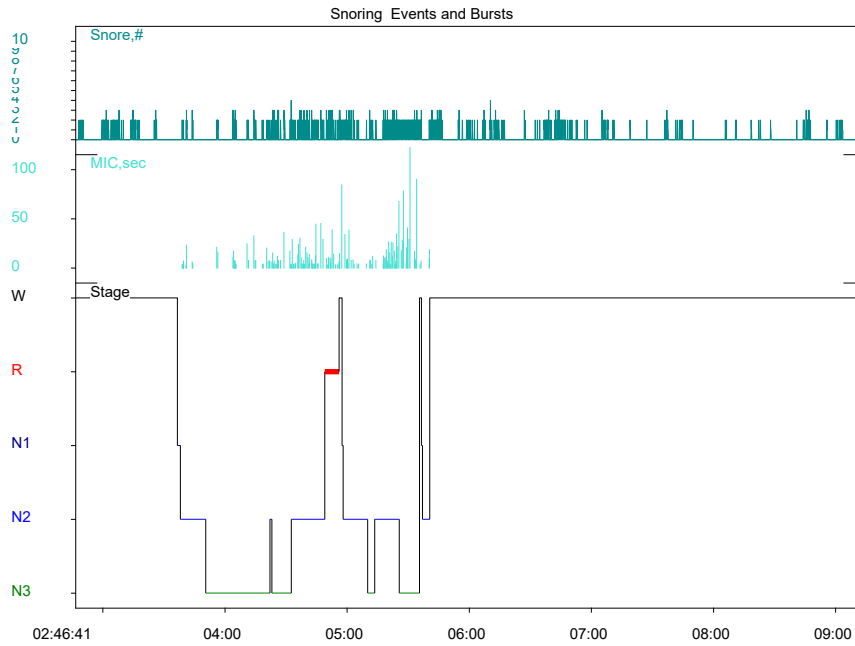
Arousal Summary

	Total number	With resp. event	With resp. event & desat	Leg Mvt arousal	Spontaneous arousal
μ arousal REM	4	2	0	0	2
μ arousal NREM	64	15	1	5	36
μ arousal MVT	0	0	0	0	0
μ arousal WK	0	0	0	0	0
μ arousal TOT	68	17	1	5	38
arousal >15sec	5	1	0	1	1

Total number of WK or MVT episodes : 2
 Arousal index : 36.0/h(sleep)
 % of pages with arousal during sleep : 28.4
 Number of arousals associated with leg movements : 6
 Number of arousals NOT associated with leg movements : 67

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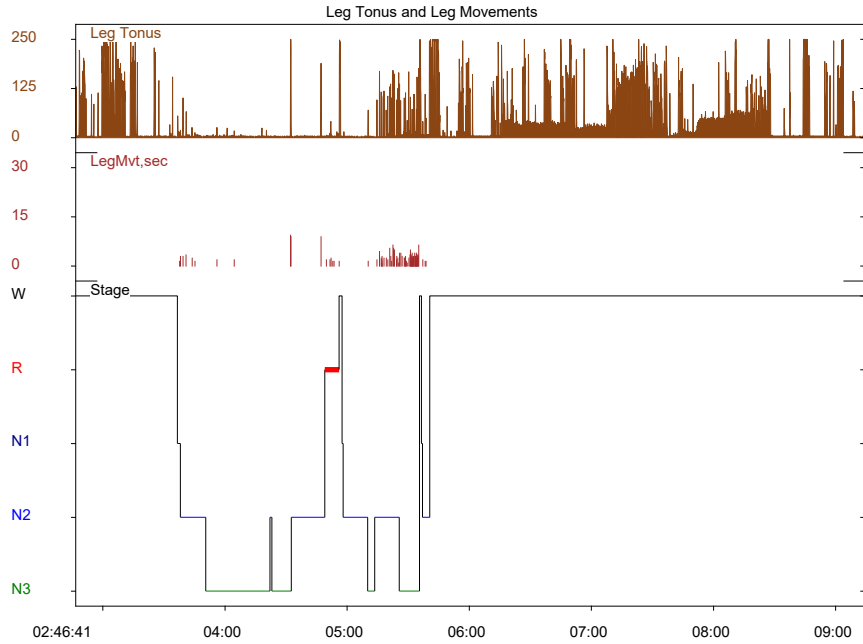
SNORING SUMMARY



Total number of snoring episodes : 140
Mean duration of snoring episodes : 14.7 sec
Total duration with snoring : 34.2 min (28.2 % of sleep)

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LEG MOVEMENTS SUMMARY



Total number of Leg movements	: 75
Leg Movement Index	: 37.0
Total number of Leg movements meeting PLM criteria	: 60
Index of Leg movements meeting PLM criteria [#h]	: 29.6
Total number of Leg movements not meeting PLM criteria	: 15
Index of Leg movements not meeting PLM criteria [#h]	: 7.4

Total number of PLM episodes	: 5
Mean duration of PLM episodes	: 310.0 sec
Total time with PLM	: 25.8 min (21.3 % of sleep)
PLM index [#h]	: 2.5

