

**Respiratory Support Unit**

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# Nocturnal Polysomnography Report

## Patient Details

Last Name:	██████████	Height:	<b>173 cm</b> cm
██████████	██████████	Weight:	<b>65.0 kg</b> kg
Date of Birth:	██████████	BMI:	<b>21.7 kg/m<sup>2</sup></b> kg/m <sup>2</sup>
Hospital number:	██████████		

Reason for referral: ? OSA ? PLM's

## Study Duration

	from	to	Duration
Recorded Time	02/12/2021 19:47:00	03/12/2021 07:48:00	12:01:00

## Clinical Physiologist Comments

The following comments relate to unusual or abnormal findings only:

Total Sleep Time 04 hours 35 minutes.  
 Sleep efficiency 56.7%.  
 Sleep latency 12 minutes. REM latency 71.5 minutes.  
 REM sleep represents 10.3% of TST, Presence of high period of WASO.  
 Overall AHI 3.3 e/hour. AHI in REM 16.8 e/hour.  
 PLM's 6.1 e/hour.  
 Arousal Index EEG/EMG of 5.3 e/hour. Arousal EEG based on pleth signal of 11.3 e/hour.

Name: Nisa Pinto

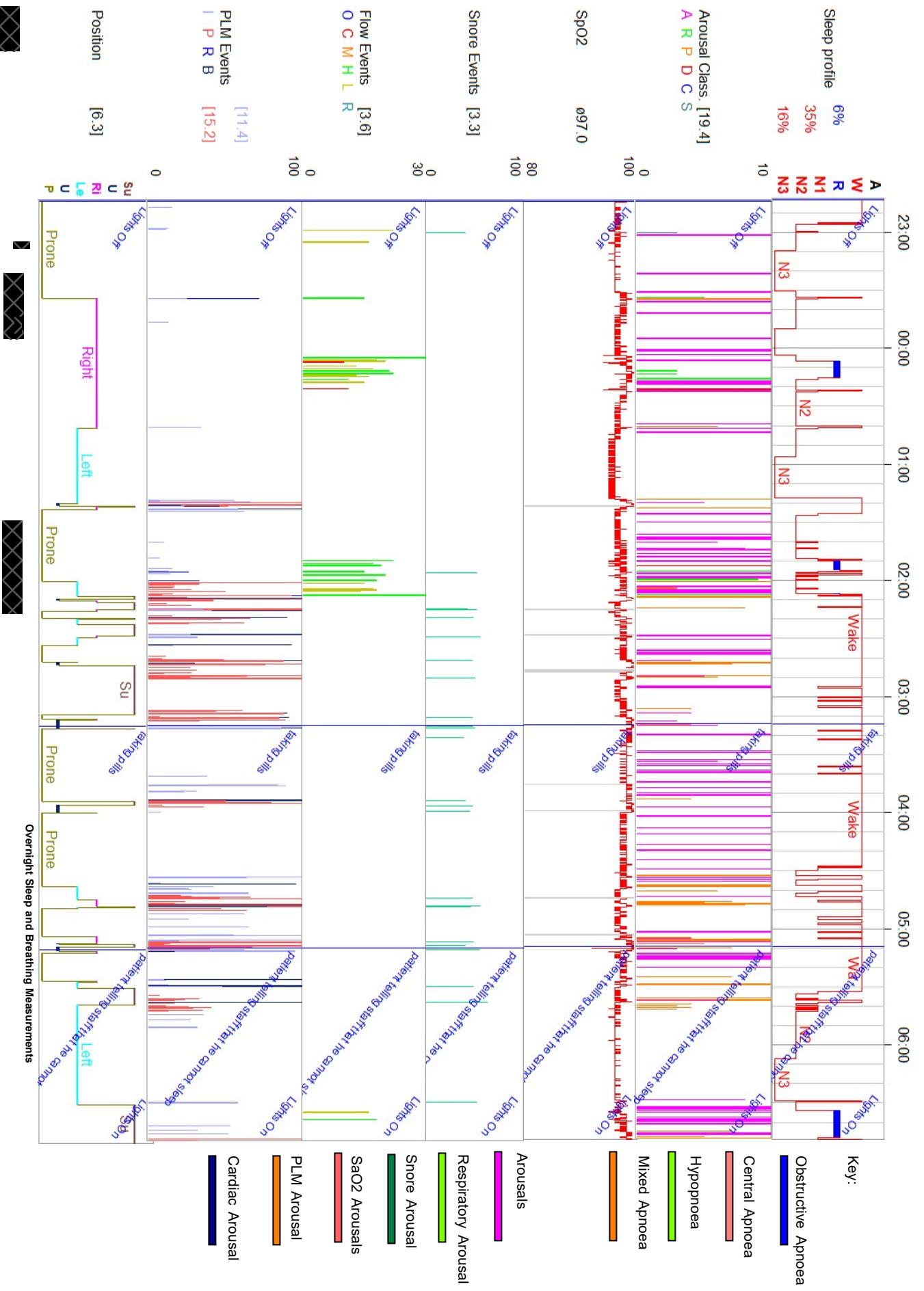
Signature:

Date:

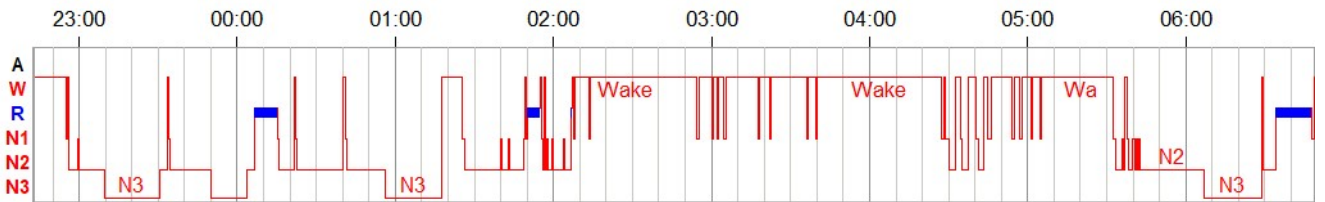
Physician Name:

Signature:

Date:

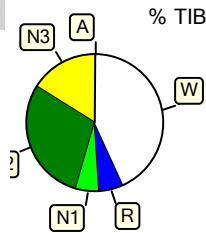


Overnight Sleep and Breathing Measurements



## Sleep Analysis

Total Sleep Time (TST)	04:35:30
Sleep Efficiency (%)	<b>56.7</b>
REM latency	01:11:30



Sleep Stage	Duration	(%) TIB	(%) TST	(%) SPT
Wake	03:30:21	43.3	<b>0</b>	<b>41.9</b>
REM	00:28:30	5.9	<b>10.3</b>	<b>6</b>
Stage 1	00:26:30	5.5	<b>9.6</b>	<b>5.6</b>
Stage 2	02:22:30	29.3	<b>51.7</b>	<b>30.1</b>
Light Sleep	02:49:00	34.8	<b>61.3</b>	<b>35.7</b>
Deep Sleep	01:18:00	16.1	<b>28.3</b>	<b>16.5</b>

## Microarousal Analysis

	REM	Non-REM	Sleep
<b>Total</b>	<b>16 (33.9)</b>	<b>60 (14.6)</b>	<b>76 (16.6)</b>
Respiratory Microarousals	4 (8.5)	2 (0.5)	6 (1.3)
PLM Microarousals	1 (2.1)	9 (2.2)	10 (2.2)
Snore Microarousals	0 (0)	1 (0.2)	1 (0.2)
Spontaneous Microarousals	9 (19)	45 (10.9)	54 (11.8)

## Respiratory

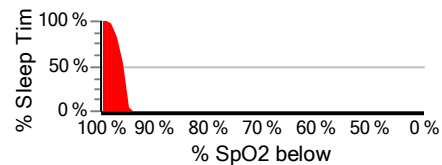
	REM	Non-REM	Sleep
Apnoea (Index)	0 (0)	2 (0.5)	2 (0.4)
Hypopnoea (Index)	8 (16.8)	5 (1.2)	13 (2.8)
<b>AHI (/h)</b>	<b>16.8</b>	<b>1.7</b>	<b>3.3</b>
Average Apnoea Dur. (s)	0	10.5	10.5
Average Hypopnoea Dur. (s)	19.1	22.4	20.4

	Number (Index)
Obstructive	0 (0)
Mixed	0 (0)
Central	2 (0.4)
Total A.	2 (0.4)
Hypopnoea	13 (2.8)

Cheyne Stokes	REM	Non-REM	Sleep
Duration (min)	0 (0%)	0 (0%)	0 (0%)

## Oxygen Saturation Analysis

	Number (Index)	Time
<b>Number of Desaturations (Index)</b>	<b>7 (1.5)</b>	
Minimal SpO2 (%)	94	00:03:20
Baseline O2 Saturation	97	
Average SpO2 (%)	97	
Time < 90 %	0 %	00:00:00



## Periodic Limb Movement (PLM)

	Sleep	REM	Non-REM	Wake	Total
Isolated-LMs (Index)	18 (3.9)	5 (10.5)	13 (3.2)	74 (21.1)	92 (11.4)
PLMs (Index)	28 (6.1)	2 (4.2)	26 (6.3)	95 (27.1)	123 (15.2)
<b>PLMs with Microarousal (Index)</b>	<b>10 (2.2)</b>	<b>1 (2.1)</b>	<b>9 (2.2)</b>	<b>15 (4.3)</b>	<b>25 (3.1)</b>

