

# Advanced Sleep Medicine Services, Inc.

The Sleep Experts®

Toll Free Tel (877) 775-3377 Toll Free Fax: (877) 855-6227

## Scoring Report

Patient Name: Schneider, Dale	Sleep Lab Location: Garden Grove
Date of Birth: 11/27/1956	
Date of Study: 10/31/2019	Bedroom4
	Scored By: A Sasko, RPSGT
Account Number (2745)	Night Tech: A Ormande, RPSGT
Acquisition Number: 2400202	regin real Adminie, Prodi

Start Time:	: 10/31/2019 at 10:29:15 PM	
End Time:	: 11/1/2019 at 5:34:15 AM	
Total Recording Duration:	: 7:05:00 (425.0 min)	

Info		History		0 0 111	
	Munam.			Sleep Complaints	
Age	62 years	Sleeps on Back	Υ	Snoring	Y
Height	68.0 in.	Smoking History	N	Gasping for Air	N
Weight	185.0 lbs.	In Pain at night	Υ	Witnessed breathing pauses	V
Gender	Male	Uses Oxygen at Night	N	Grinding Teeth	Y
BM	28.1	Previous sleep study	Υ	Talking during sleep	N
Epworth Scale	16/24	Former OSA Diagnosis	Υ	Walking during sleep	N
		Current PAP User	N	Trouble falling asleep	N
				Trouble Staying asleep	Υ
				Excessive Daytime Sleepiness	Y
adiaatiaa 1 i-t				Leg Pain/Movements	N
edication List		Patient Comme	nts/Histo	ory:	
NTOPRAZOLE	DINE PROPRANOLOL AMLODIPINE				

#### Technical Information:

The nocturnal polysormography was fully attended in which the following medical parameters were recorded using Alice 6 computerized polygraph: Bectroencephalogram, Submental and Anterior Tibialis Bectromyogram, Left and Right Bectroculogram, Bectrocardiogram, Oxygen Saturation (pulse oximetry), Nasal/Oral Airflow, Sonogram (snoring), Body Position, Thoracic and Abdominal Effort.

- Polysomnographic Equipment Type: Respironics Sleepware G3 v3.9.5
- Study ordered in Brightree: 50/50 CPAP if AHI>15
- Patient's reason for having the Study: Back surgery, severe OSA
- Type of study completed: 50/50 CPAP titration

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#### Baseline Diagnostic Recording:

Performed on room air without supplemental oxygen.

#### Sleep Architecture

- Latency to sleep onset was 24.1 minutes (normally at 10 to 20 min).
- There was a complete lack of REM sleep throughout the duration of the study.
- The patient slept 152.0 minutes out of 201.8 minutes of recording time yielding sleep efficiency index of 75.3%.

#### Respiration

- The overall Apnea/hypopnea Index (AHI) was 12.6 per hour based on 152.0 minutes of sleep, throughout all observed positions and stages.
- While on back, the AHI was 17.6 per hour, derived from 58.1 minutes of sleep in the supine position.
- Respiratory Effort Related Arousals (RERAs) occurred at 18.2 per hour.
- The Respiratory Disturbance Index (RDI) was 30.8 per hour.
- Oxygen saturation dropped from a baseline of 94% to a low of 89%.
- Patient's oxygen saturation was less than 90% during 0.5% of sleep time.
- Snoring: Moderate snoring

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### Positive Airway Pressure Titration:

CPAP titration performed on room air without supplemental oxygen.

- Titration Type: CPAP
- Mask Interface: Medium Respirondis Dreamwear full face mask
- Additional PAP supplies used: Heated tubing and humidification
- Beginning pressure: 6 cm of water
- Final Technician Pressure: 8 cm of water
- Optimal Scoring Pressure: 8 cm of water
- AHI At final pressure: 0.0
- Oxygen saturation at final pressure was 95%
- Additional PAP Comments: Pt was observed to mouth breathe and a nasal mask was switched to a full face mask. Fragmented sleep structure noted. Patient did not achieve REM sleep.

#### Definitions:

- > AHI: (Apnea/Hypopnea Index) number of apneas and hypopneas per hour of sleep.
- AH: <5 (NORWAL LIMITS), AH: 5-15 (MLD), AH: 15-29 (MODERATE), AH: 30 or > (SEVERE)
- ➤ Apnea: A cessation of airflow lasting ≥ 10 seconds.
- → Hypopnea: A 30% reduction in airflow lasting ≥ 10 seconds, associated with a 4% desaturation. (As defined by AASMHypopnea
  1B scoring rule)
- RERA: Respiratory Effort Related Arousal
- RDI: (Respiratory Disturbance Index) number of apneas, hypopneas and RERAs per hour of sleep
- Normal latency to Sleep onset: 10-20 minutes
- Normal latency to REM sleep: 90 minutes
- Normal Sleep Efficiency: Total Sleep Time (TST) / Time in Bed (TIB) is >90%
- SaO2 Scale: > 90% (mild), 80-89% (MODERATE), < 80% (SEVERE)</li>
- CPAP/BPAP: Continuous/Bilevel Positive Airway Pressure
- EPR Expiratory Pressure Relief
- ASV: Adaptive Servo Ventilation

# OVERNIGHT POLYSOMNOGRAPHY REPORT

Patient Name: Schneider, Date

Date of Birth: 11/27/1956

Date of Study: 10/31/2019

Acq #. 2400202

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OVERNIGHT POLYSOMNOGRAPHY REPORT with Positive Airway Pressure
Patient Name: Schneider, Dale

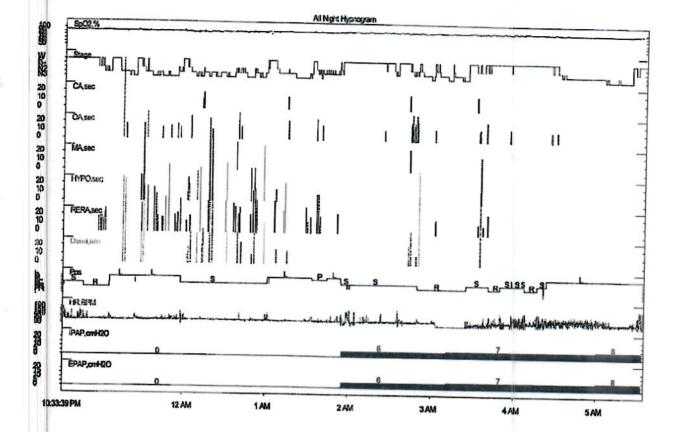
Date of Birth: 11/27/1956

Date of Study: 10/31/2019

Acq# 2400202

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Patient Name: Schneider, Dale Therapy Distribution (SPT)

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Patient Name: Schneider, Date Therapy Respiratory Event Distribution (TST)

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-	6	6	3	1.2	14	5.5	1		18	7.1	14	5.5	32	12.6	48	(#h) 182	70	-
-	7	7	- 4	2.1	11	230	1		13	27.2	0	0.0	13	272	2	42	78	30
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Patient Name: Schneider, Dale

Oximetry distribution (all durations are in minutes)

\$02%	Wake		REM	-	Non-REM	460	1=:-		
442 /6	Dur	%TIB	Dur	O/ TID			Total		
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Patient Name: Schneider, Dale
Optimal pressure at 8cm of water
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