



# **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	Bedroom 4
Date of Study: 10/31/2019	Scored By: A.Sasko, RPSGT
Account Number: 000000	Night Tech: A.Ormonde, RPSGT
Acquisition Number: 2400202	

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)

Patient Background and Questionnaire Findings:					
Info		History		Sleep Complaints	
Age	62 years	Sleeps on Back	Y	Snoring	Y
Height	68.0 In.	Smoking History	N	Gaspings for Air	N
Weight	185.0 lbs.	In Pain at night	Y	Witnessed breathing pauses	Y
Gender	Male	Uses Oxygen at Night	N	Grinding Teeth	Y
BMI	28.1	Previous sleep study	Y	Talking during sleep	N
Epworth Scale	16/24	Former OSA Diagnosis	Y	Walking during sleep	N
		Current PAP User	N	Trouble falling asleep	N
				Trouble Staying asleep	Y
				Excessive Daytime Sleepiness	Y
				Leg Pain/Movements	N
Medication List		Patient Comments/History:			
ZOLFT LORATODINE PROPRANOLOL AMLODIPINE					
PANTOPRAZOL ETODOLAC					

### Technical Information:

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

- Polysomnographic Equipment Type: Respiration 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 Responder's 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.
- > AHI: <5 (NORMAL LIMITS), AHI: 5-15 (MILD), AHI: 15-29 (MODERATE), AHI: 30 or > (SEVERE)
- > Apnea: A cessation of airflow lasting  $\geq 10$  seconds.
- > Hypopnea: A 30% reduction in airflow lasting  $\geq 10$  seconds, associated with a 4% desaturation. (As defined by AASM Hypopnea 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  $\geq 90\%$
- > SaO<sub>2</sub> Scale: > 90% (mild), 80-89% (MODERATE), < 80% (SEVERE)
- > CPAP/BPAP: Continuous/Bilevel Positive Airway Pressure
- > EPR: Expiratory Pressure Relief
- > ASV: Adaptive Servo Ventilation



## OVERNIGHT POLYSOMNOGRAPHY REPORT

Date of Birth: 11/27/1956

Patient Name: Schneider, Dale

Date of Study: 10/31/2019

Acq #: 2400202

## SLEEP ARCHITECTURE:

Total Sleep Time (TST):	152.0 min
Total Time in Bed (TIB):	201.8 min
Sleep Efficiency (SE):	75.3%
Latency to Sleep Onset (LTSO):	24.1 min
Latency to REM Onset (LTRO):	min

## LEG MOVEMENTS:

Total Leg Movements (PLMS):	0
Leg Movement Index:	0.0/ Hour
Leg Movement Arousal Index:	0.0/ Hour

## RESPIRATORY EFFORT RELATED AROUSALS (RERAS):

Total RERAS:	46
RERA Index:	18.2/ Hour

## SLEEP STAGES DISTRIBUTION:

	Episodes (# of)	Duration (min)	TIB (%)	SPT (%)	TST (%)
REM	0	0.0	0.0	0.0	0.0
N1	33	24.5	12.1	13.9	16.1
N2	44	75.5	37.4	42.8	49.7
N3	20	52.0	25.8	29.5	34.2

## Body Position Analysis:

Level	Time In Min	% Sleep	% REM	REM AH/ FGS	Central Apnea (CA)	Obst Apnea (OSA)	Mixed Apnea (MA)	Hypopnea (HYP)	Index (#/h)
Supine	63.4	91.6	0.0	0.0	2	4	1	10	17.6
Left	92.5	82.5	0.0	0.0	1	8	0	4	10.2
Right	9.6	83.3	0.0	0.0	0	0	0	0	0.0
Prone	11.0	87.3	0.0	0.0	0	2	0	0	12.5

## Respiratory Events:

REM	CA	OA	MA	Total Apnea	HYP	NREM	CA	OA	MA	Total Apnea	HYP
Number						Number	3	14	1	18	14
% REM						% NREM	0.5	3.9	0.4	4.7	6.8
AHI REM						AHI NREM	1.2	5.5	0.4	7.1	5.5

## Apnea/Hypopnea Index (Total sleep time)

	REM #h (REM)	NREM #h (NREM)	TST #h (Sleep)
AHI		12.6	12.6
RDI		30.4	30.8



# OVERNIGHT POLYSOMNOGRAPHY REPORT with Positive Airway Pressure

Date of Birth: 11/27/1956

Patient Name: Schneider, Dale

Date of Study: 10/31/2019

Acq # 2400202

## SLEEP ARCHITECTURE

Total Sleep Time (TST):	106.5 min
Total Time In Bed (TIB):	218.8 min
Sleep Efficiency (SE):	48.7%
Latency to Sleep Onset (LTSO):	29.8 min
Latency to REM Onset (LTRO):	min

## LEG MOVEMENTS

Total Leg Movements (PLMS):	0
Leg Movement Index:	0.0/Hour
Leg Movement Arousal Index:	0.0/Hour

## RESPIRATORY EFFORT RELATED AROUSALS (RERAs)

Total RERAs:	5
RERA Index:	2.8/Hour

## SLEEP STAGES DISTRIBUTION

	Episodes (# of)	Duration (min)	TIB (%)	SP (%)	TST (%)
REM	0	0.0	0.0	0.0	0.0
N1	21	24.5	11.2	13.4	23.0
N2	14	55.0	25.1	30.0	51.6
N3	7	27.0	12.3	14.7	25.4

## Body Position Analysis:

Level	Time in Minutes	% Sleep	% REM	Central Apnea (CA)	Obst Apnea (OSA)	Mixed Apnea (MA)	Hypopnea (HYP)	Index (#/h)
Supine	64.6	26.3	0.0	2	14	1	1	63.5
Left	65.7	86.8	0.0	0	3	0	0	3.2
Right	52.9	61.4	0.0	0	1	0	0	1.8
Prone								

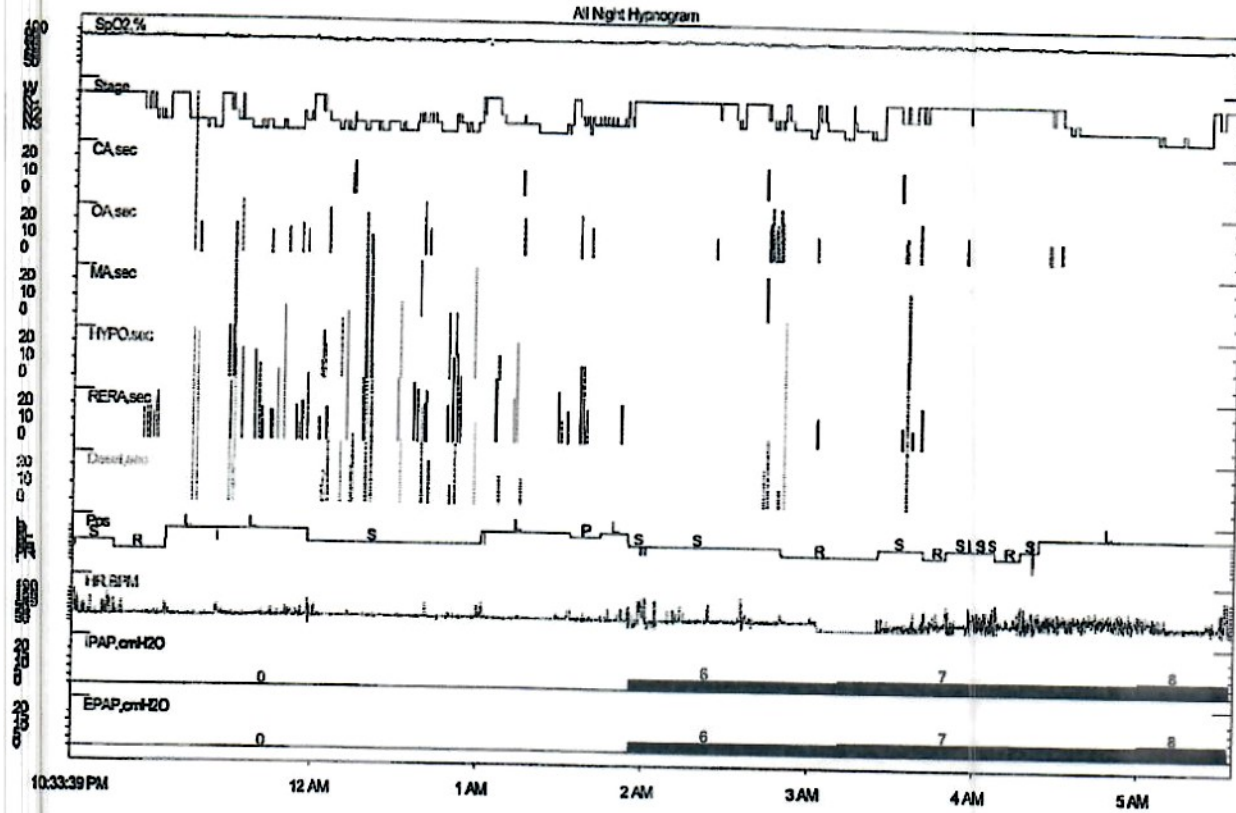
## Respiratory Events:

REM	CA	QA	MA	Total Apnea	HYP	NREM	CA	QA	MA	Total Apnea	HYP
Number						Number	2	17	0	19	1
% REM						% NREM	0.6	4.9	0.0	5.5	0.9
AHI REM						AHI NREM	1.1	9.6	0.0	10.7	0.6

## Apnea/Hypopnea Index (total sleep time)

	REM #/h (REM)	NREM #/h (NREM)	TST #/h (sleep)
AHI		11.3	12.4
RDI		13.5	15.2

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[illegible]



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Oximetry distribution (all durations are in minutes)

SpO2 %	Wake		REM		Non-REM		Total	
	Dur	% TIB	Dur	% TIB	Dur	% TIB	Dur	% TIB
<50	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<60	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<70	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<75	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<80	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<85	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<90	0.5	0.1	0.0	0.0	0.5	0.1	1.0	0.2
<95	40.2	9.6	0.0	0.0	144.9	34.5	185.1	44.0
<99	0.4	0.1	0.0	0.0	0.2	0.0	0.6	0.1

Patient Name: Schneider, Dale  
Optimal pressure at 8cm of water

