



**UC Irvine Health**

**UC Irvine Sleep Center**  
**20350 Southwest Birch Street, Suite 100**  
**Newport Beach, CA 92660**  
Phone: 714-509-2230 Fax: 949-250-9178

### **Home Sleep Apnea Test Interpretation**

**Patient Name:** Dale Schneider

**Study Date:** 1/31/2023

**Height:** 67.0 in

**DOB:** 11/27/1956

**MRN:** 0070651

**Weight:** 169.8 lbs

**BMI:** 26.6

**Referring Physician:** Rami Khayat, MD

**Interpreting Physician:** Rami Khayat, MD

**Indications:** Dale Schneider is a 66 year old Male who is referred for sleep testing with a history of snoring, daytime sleepiness (ESS of 16/24) and witnessed apnea. The patient's current medications include albuterol, amlodipine, diclofenac, docusate sodium, esomeprazole, hydrocodone-acetaminophen, lisinopril, loratadine, losartan potassium, ondansetron, prochlorperazine, propranolol, and sertraline.

**Procedure:** A full night Type III Home Sleep Apnea Test (HSAT) recorded the standard physiologic parameters including pressure transducer airflow (PTAF), pulse oximetry, snoring, body positioning and respiratory parameters of chest and abdominal movements were recorded with respiratory inductance plethysmography (RIP) effort belt systems. HSAT was recorded using Noxturnal T3. Study was collected, scored and interpreted based on the Rules, Terminology and Technical Specifications of the American Academy of Sleep and Associated Events version 2.5 using 4% desaturation criteria for hypopneas.

**Results:**

1. Baseline oxyhemoglobin saturation during waking at baseline was 98.
2. Study revealed overall **Apnea-Hypopnea Index (AHI)** of **14.8/hr** with minimum oxyhemoglobin desaturation of 87.0%. Supine AHI of 21.0/h.
3. An average pulse rate of 74.5 bpm with a maximum pulse rate recorded at 104.0 bpm.

**Interpretation:**

This is an abnormal HSAT with evidence of significant obstructive sleep apnea (OSA)

**Diagnosis:**

1. G47.33 - Obstructive sleep apnea (adult) (pediatric)

**Recommendations:**

1. Follow up with a provider at the sleep center to discuss these results.
2. Consider treatment using Continuous Positive Airway Pressure (CPAP)
3. Encourage lifestyle modification, if cleared by PCP, to maintain a normal BMI which may also improve sleep disordered breathing.
4. Avoid sedative medications, excessive alcohol use, or other sedating agents which may exacerbate sleep disordered breathing
5. Recommend avoiding driving or operating heavy machinery until sleep disordered breathing is adequately treated and has no significant daytime somnolence.

**Electronically signed by:** Rami Khayat, MD on 2/3/2023 4:49:42 PM

**CC:**

# Home Sleep Apnea Test Report

Patient Name: Dale Schneider  
 Date of Birth: 11/27/1956  
 Age: 66  
 Gender: Male  
 Height: 67 in  
 Weight: 169.8 lbs  
 BMI: 26.6

Study Date: 1/31/2023  
 Study Type: HSAT  
 MRN #: ~~1234567~~  
 CSN #: 66131204041  
 Set-up Tech: Jenny Lam, RPSGT  
 Scoring Tech: Jenny Lam, RPSGT  
 Epworth Sleepiness Scale: 16

Analysis Start Time: 8:49 PM  
 Analysis Stop Time: 3:12 AM  
 Analysis Duration (TRT): 6h 23m  
 Est. Total Sleep Time: 6h 22m

AHI: 14.8 /h  
 ODI: 12.1 /h  
 Snore Percentage: 13 %

## Respiratory

Apneas + Hypopneas (AH):

Apneas:

Obstructive (OA):

Mixed (MA):

Central (CA):

Hypopneas:

Obstructive (OH):

Central (OC):

Central Apnea Hypopnea (CA + CH):

Respiration Rate (per m):

Total	Index Supine	Non-supine	Count
14.8/h	21/h	3.1/h	94
4.2/h	6/h	0.9/h	27
1.7/h	2.7/h	0/h	11
0.2/h	0.2/h	0/h	1
2.4/h	3.1/h	0.9/h	15
10.5/h	15/h	2.2/h	67
0/h	0/h	0/h	0
0/h	0/h	0/h	0
2.4/h	3.1/h	0.9/h	15
17.2/m	17.2/m	17.2/m	

## Percentage of Sleep

Snore:

13 % 19.3 % 1.1 % 49.5m

## Oxygen Saturation (SpO2)

Oxygen Desaturation Index (ODI):

Average SpO2:

Minimum SpO2:

SpO2 Duration ≤ 88%

Total	Supine	Non-supine	Quality
12.1 /h	17.4 /h	2.2 /h	Oximeter: 98.6 %
93 %	92.6 %	93.6 %	Nasal Cannula: 13.8 %
87 %	87 %	90 %	RIP Belts: 100 %
0.5 % (1.9m)	0.8 %	0 %	

## Position and Analysis Time

Supine (in TST):

Non-Supine (in TST):

Left (in TST):

Prone (in TST):

Right (in TST):

Unknown (in TST):

Upright (in TRT):

Invalid Data (Excluded):

Duration	Percentage	Pulse
248.5m	65.1 %	Average: 74.5 bpm
133.5m	34.9 %	Maximum: 102 bpm
121.5m	31.8 %	Minimum: 64 bpm
0m	0 %	Duration < 40 bpm: 0 m
12m	3.1 %	Duration > 100 bpm: 0.3 m
0m	0 %	Duration > 90 bpm: 3 m
1.4m	0.4 %	
0m	0 %	

# Trend Overview

