



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: 11/7/2023

Referring Physician: Aileen Xu, NP

Height: 67.0 in

DOB: 11/27/1956

Weight: 169.0 lbs

MRN: [REDACTED]

BMI: 26.5

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 and witnessed apnea. The patient's current medications include aspirin, esomeprazole, ezetimibe, hydrocodone-acetaminophen, losartan, metoprolol tartrate, 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, manually 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 95%.
2. Study revealed overall **Apnea-Hypopnea Index (AHI)** of **6.6/hr** with minimum oxyhemoglobin desaturation of 87.0%. Supine AHI of 0/h.
3. An average pulse rate of 72.9 bpm with a maximum pulse rate recorded at 97.0 bpm.

Interpretation:

This is an abnormal HSAT with evidence of mild obstructive sleep apnea (OSA). The recording was obtained during use of a novel positional device and demonstrates significant reduction in the AHI from baseline.

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. Continue use of the positional therapy intervention
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

Electronically signed by: Rami Khayat, MD on 11/9/2023 1:33:08 AM
CC: Aileen Xu, NP

Home Sleep Apnea Test Report

Patient Name: Dale Schneider
Date of Birth: 11/27/1956
Age: 66
Sex: Male
Height: 67 in
Weight: 169 lbs
BMI: 26.5

Study Date: 11/7/2023
Study Type: HSAT
MRN #: [REDACTED]
CSN #: 66145712482
Set-up Tech: Jenny Lam, RPSGT
Scoring Tech: Brenda Hinh, RRT, RPSGT

Epworth Sleepiness Scale: -

Analysis Start Time: 8:20 PM
Analysis Stop Time: 6:10 AM
Analysis Duration (TRT): 9h 49m
Est. Total Sleep Time: 9h 47m

AHI: 6.6 /h
ODI: 5.5 /h
Snore Percentage: 10.9 %

Respiratory

	Total	Index Supine	Non-supine	Count
Apneas + Hypopneas (AH):	6.6/h	0/h	6.7/h	65
Apneas:	4.2/h	0/h	4.2/h	41
Obstructive (OA):	4.1/h	0/h	4.1/h	40
Mixed (MA):	0/h	0/h	0/h	0
Central (CA):	0.1/h	0/h	0.1/h	1
Hypopneas:	2.5/h	0/h	2.5/h	24
Obstructive (OH):	0/h	0/h	0/h	0
Central (OC):	0/h	0/h	0/h	0
Central Apnea Hypopnea (CA + CH):	0.1/h	0/h	0.1/h	1
Respiration Rate (perm):	16.6/min	18.9/min	16.6/min	

	Percentage of Sleep			Duration
Snore:	10.9%	0%	10.9%	64m

Oxygen Saturation (SpO2)

	Total	Supine	Non-supine	Quality	
Oxygen Desaturation Index (ODI):	5.5 /h	0 /h	5.5 /h	Oximeter:	81.9 %
Average SpO2:	91.5 %	92.4 %	91.5 %	Nasal Cannula:	100 %
Minimum SpO2:	87 %	87 %	87 %	RIP Belts:	100 %
SpO2 Duration ≤ 88%	7.5 % (43.9m)	5.3 %	7.5 %		

Position and Analysis Time

	Duration	Percentage	Pulse	
Supine (in TST):	1.7m	0.3%	Average:	72.9 bpm
Non-Supine (in TST):	585.9m	99.7%	Maximum:	97 bpm
Left (in TST):	0.9m	0.2%	Minimum:	59 bpm
Prone (in TST):	445.8m	75.9%	Duration < 40 bpm:	0 m
Right (in TST):	139.2m	23.7%	Duration > 100 bpm:	0 m
Unknown (in TST):	0m	0%	Duration > 90 bpm:	1.7 m
Upright (in TRT):	2.2m	0.4%		
Invalid Data (Excluded):	0m	0%		

Trend Overview

