

good  
sleep<sup>TEST</sup>  
SPECIALIST REPORT

**Patient**  
Name: Paul McKenzie  
DOB: 3 Jan 1987 (36 years)  
History: Patient is a 36 year old Male with a BMI of 26.5. A home sleep study was performed to evaluate for sleep apnea.

**Test**  
Device: Aurora  
Date: 6 Jun 2023

**Physician**  
Name: Howard Dean, MD  
Qualification: Board Certified in Sleep Medicine by the ABIM  
Provider No. 269410DJ

**Interpretation**  
On the night of 2019/10/14, patient completed an unattended home sleep test (HST) evaluation (Aurora, unattended) with channels monitoring pulse, oxygen type (IV HST), with channels monitoring peripheral arterial saturation and respiratory analysis by peripheral arterial tonometry. Total sleep time was determined through analysis of photoplethysmography signals. Sleep time was determined by classifying each epoch as "sleep" or "wake" and summing epochs of sleep. The following is the interpretation for that study night.

**Impression**  
Moderate Obstructive Sleep Apnea/Hypopnea Syndrome.

**Recommendation**  
Treatment options include oral appliance or CPAP therapy further pending patient preference. If amenable to PAP therapy, recommend APAP 5-15 cmH2O.  
Given severity, recommend CPAP, the gold standard therapy. Recommend in-lab CPAP titration or APAP 5-15cmH2O.  
Follow up with sleep specialist to ensure acclimation.

*Howard Dean*  
Howard Dean  
23 Jun 2023

26.5  
BMI

29.6  
AHI

94  
AVG SP02

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Patient Name - Device - 1 Date 2023

