



## 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, type IV HST), with channels monitoring pulse, oxygen saturation and respiratory analysis by peripheral arterial tonometry. Total sleeptime 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  
23 Jun 2023

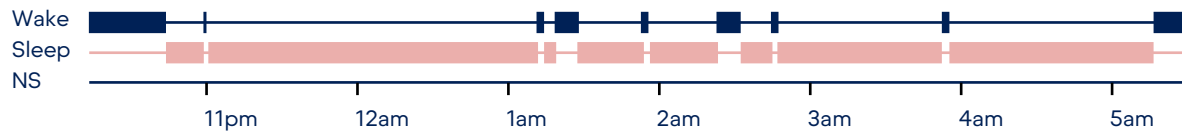
26.5  
BMI

29.6  
AHI

94  
AVG SP0<sup>2</sup>

### Sleep

Total Recording Time	7h 6m	Wake After Sleep Onset	35m		
Lights off	10:11pm	Sleep Efficiency	84.6%		
Lights on	5:17am	Sleep Latency	30m		
Total Sleep Time	6h 0m	Non REM Sleep	45%	Duration	Percent
		REM Sleep	55%	Wake	1h 5m 15.4%
				Sleep	6h 0m 84.6%



### Obstructive Sleep Apnea (OSA) Scale



Severity of OSA based on Apnea Hypopnea Index (AHI)  
Your Apnea & Hypopnea / Total sleep time (hours) = 29.6 AHI

### Respiratory

	Count	Index /hr	Oxygen Saturation	Time In Range
Resp. Disturbance (RDI)	178	29.6	% Time between 90 - 80	29m (8.2%)
Apnea-Hypopnea (AHI)	178	29.6	% Time between 80 - 70	1m (0.3%)
	Count	Index /hr	% Time between 70 - 60	0m (0.0%)
Respiratory Event	178	29.6	% Time between 60 - 50	0m (0.0%)
Desaturation	180	30	% Time between 89 - 80	18m (5.1%)
			% Time between 88 - 80	11m (3.2%)
SpO <sub>2</sub> (Sleep)		%		
Minimum		74		
Mean		94		
Maximum		97		

# good sleep<sup>TEST</sup>

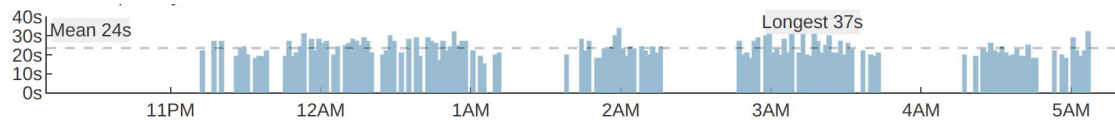
## SPECIALIST REPORT

### Cardiac ♥

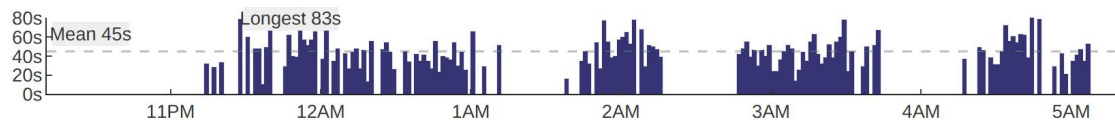
Heart Rate (Sleep)	BPM		Time In Range
Minimum	82	% Time between 150 - 90	4h 16m (71.0%)
Mean	92	% Time between 90 - 50	2h 7m (35.5%)
Maximum	110	% Time between 50 - 0	0m (0.0%)

### Trends

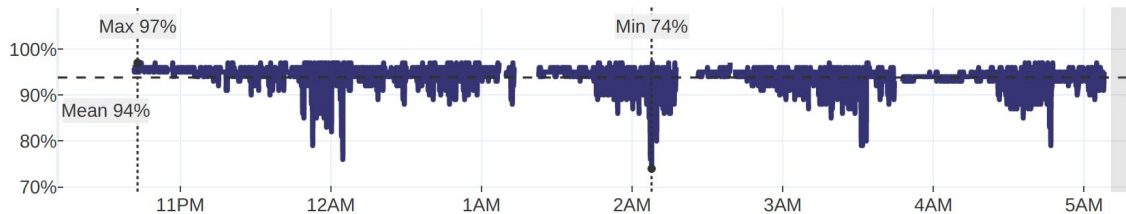
#### Unclassified Respiratory



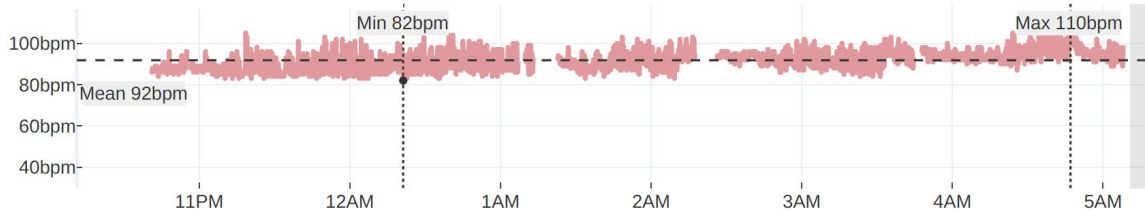
#### Desaturation



#### Oxygen Saturation



#### Heart Rate



GoodSleepco

Patient Name - Device - 1 Date 2023