

sleepimage

Report Interpretation Guide

SleepImage Report score guide:

→ **TIB**

Time in Bed – 7-9 hrs is normal

→ **TST**

Total Sleep time – 7-9 hrs for adults

→ **WASO**

Wakefulness after sleep onset – related to sleep efficiency but represented as an absolute value in minutes

→ **Sleep efficiency**

Time asleep while in bed
80% or more is normal

→ **SPO2 min**

>90% is normal

→ **SPO2 max**

Ideally 97% +

→ **SPO2 Mean**

96% or thereabouts is good

→ **AHI 3%**

< 5 is normal, 5-15 mild OSA,
15-30 moderate OSA,
Severe OSA 30 +

→ **RDI**

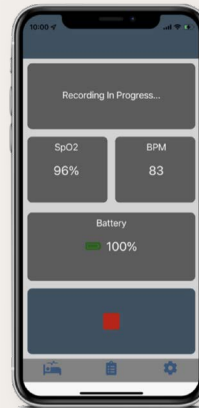
Categories as above defined as UARS

→ **SPO2 <90%**

Above 20% increase CV risk
– time during sleep under 90% oxygen

→ **Latency**

10-20 mins is normal



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How good is your REM sleep:

→ **Stable REM**

Indicated usual good REM sleep

→ **Unstable REM sleep**

Desaturations and arousals

→ **REM%**

Percentage of REM as total sleep time
– ideal = 20-25%

→ **Periodicity**

Periodic breathing during sleep – less is better

→ **Fragmentation**

Shifts from deeper sleep to phase 1
indicates and increase in arousals