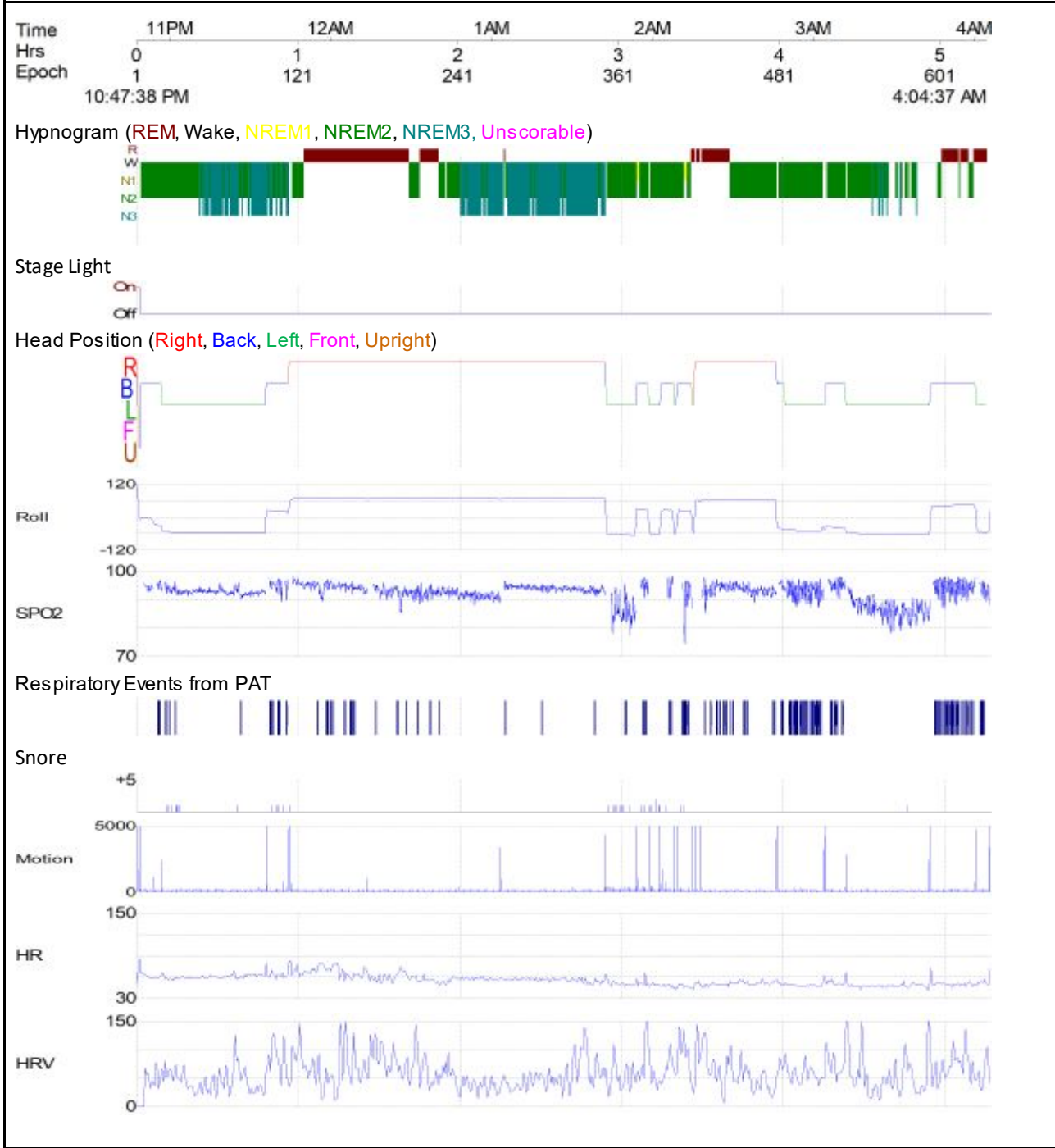




Patient Details

Name:	Age: 42	Sex: Male
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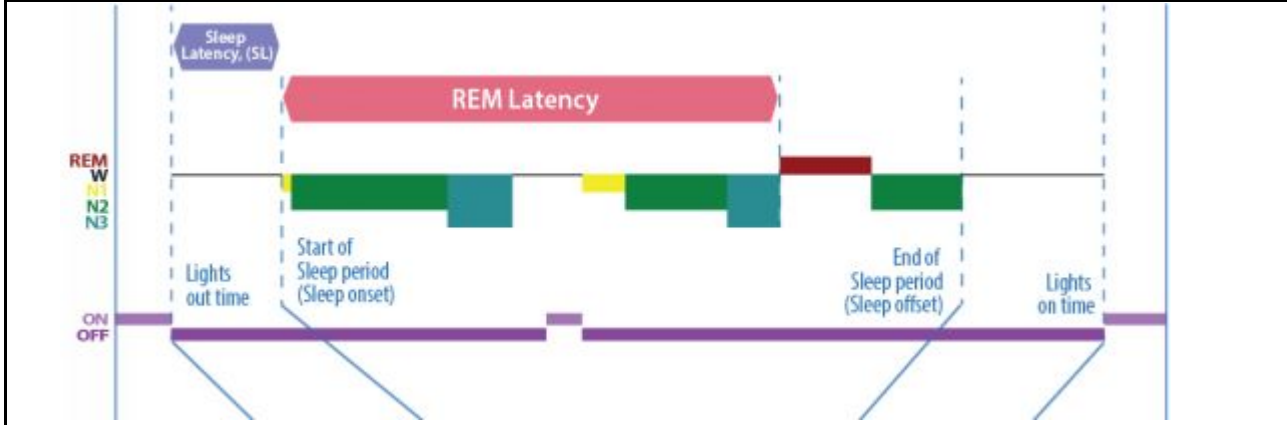
Graphic Summary





Sleep Summary

Total sleep time (TST)	295 min	= time spent in N1 + N2 + N3 + R
Wake after sleep onset (WASO)	18 min	= Time available for sleep – SL – TST
Sleep efficiency	93.7 %	= TST / Time available for sleep × 100



Start Recording	Lights out	Sleep onset	Sleep offset	Lights on	End Recording
22:47:38	22:49:08	22:49:08	04:03:07	4:04:37	04:04:42

Sleep availability time	5:14 hr:min
Time available for sleep	5:15 hr:min
Total recording time	5:17 hr:min

US National Sleep Foundation guidelines for adults*

Parameter	Time	Not recommended	May be appropriate	Recommended	May be appropriate	Not recommended
Total sleep time (TST)	4:55 hr:min	<6 hrs	6 – 7 hrs	7 – 9 hrs	9 – 10 hrs	> 10 hrs
Sleep latency	0 min	–	–	0 – 30min	31 – 45min	>46min
REM latency	60 min	–	–	–	–	–
Wake after sleep onset	18 min	–	–	0 – 20min	21 – 40min	>41min
Sleep efficiency	93.7 %	<75%	75 – 84%	85 – 100%	–	–

Sleep Staging Summary

			US National Sleep Foundation guidelines for adults*				
Sleep stage	Time	% Sleep	Inappropriate	Uncertain	Appropriate	Uncertain	Inappropriate
N1 sleep	2 min	0 %	–	–	0 – 5%	6 – 20%	>20%
N2 sleep	143 min	48 %	–	–	–	<81%	>81%
N3 sleep	75 min	25 %	<5%	6 – 15%	16 – 20%	>20%	–
REM sleep	74 min	25 %	–	<20%	21 – 30%	31 – 40%	>41%
NREM sleep	221 min	74 %	–	–	–	–	–
Unscorable	0 min	–	–	–	–	–	–

*Recommendations are in accordance with the United States National Sleep Foundation (US NSF) guidelines relating to sleep quality and sleep duration for adults (aged 25 to 65). Refer to <https://doi.org/10.1016/j.sleh.2016.11.006> and <https://doi.org/10.1016/j.sleh.2015.10.004> respectively for details and criteria for other age ranges.

**Respiratory Summary (by Head Position)**

	Supine	Non-Supine	Total
Qty Respiratory Events (from PAT)	55	78	133
pAHI (from PAT)	59.5	19.5	27.0 *
Snore Index	9.7	5.5	6.3
Longest Respiratory Event Duration (seconds)			33.4

Respiratory Summary (by Staging)

	REM	NREM	Total
Qty Respiratory Events (from PAT)	50	83	133
pAHI (from PAT)	40.3	22.5	27.0 *
Snore Index	0.0	8.4	6.3

pAHI (from PAT)

		27.0	
None	Mild	Moderate	Severe
5	15		30

* Reference values for AHI are in accordance with AASM guidelines.

SpO2 Summary

	SpO2	Desaturation
Average while awake	87 %	–
Average during Sleep	91 %	5.3 %
Lowest SpO2 / Largest Desaturation	74 %	22 %
	Number	ODI
Desaturations ≥ 3%	53	10.8
Desaturations ≥ 4%	35	7.1

Pulse Rate, Respiratory Rate and HRV Summary (from PPG)

	Respiration Rate	HRV	Pulse Rate
Average	n/a	59.73 ms	55.72 BPM
Highest	n/a	219.33 ms	95.51 BPM
Lowest	n/a	0.00 ms	34.93 BPM

AHI	Number of Apneas and/or Hypopneas per hour of sleep	BPM	Beats Per Minute
pAHI	Apnoea Hypopnea Index calculated using PAT	ODI	Oxygen Desaturation Index
HRV	Heart Rate Variability (calculated by SDNN)	PAT	Peripheral Arterial Tone
NREM	Non-Rapid Eye Movement	REM	Rapid Eye Movement
PPG	PhotoPlethysmoGram		

DISCLAIMER: This report has been automatically generated. Clinical interpretation can only be performed by a suitably qualified sleep medicine practitioner.

**Study Information**

Name:	Service: Somfit
Sex: Male	Study Date: 2/17/2022
DOB: 1/10/1980	Referrer:
Age: 22	URN: test5@.com

Study Quality

	Start	+3Hrs	+6hrs	Rating
EEG Impedance – Right	25 kΩ	18 kΩ	16 kΩ	Good
EEG Impedance – Left	29 kΩ	17 kΩ	16 kΩ	Good
	Value	Value	Value	Rating
Total Data Received			100 %	Good
Total Scorable EEG			100 %	Good
Total Valid SpO ₂			90 %	Adequate
- Motion Artifact		10 %		
- Drift Artifact		26 %		
- No Signal		0 %		
Somfit Battery				
- Start Battery Level			100 %	Good
- Discharge Rate (per 6 hrs)			24 %	Good

Device Information

Phone Model	S. SM-N975F
Phone OS	9.0
Phone Start Battery Level	73 %
Phone End Battery Level	100 %
Somfit Device	Somfit Serial Number
Bluetooth Address	74:D2:85:82:58:05
Somfit App Version	V4.4 B210
Bluetooth Connection Time	22:46:40
App Start Date/Time	2022/2/17 22:44:38
App End Date/Time	2022/2/18 4:03:21

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