

HOME SLEEP TEST:

Name:

DOB:

Date of testing: 6/8/2020

Physician: Syed Asad, MD

History:

37-year-old being evaluated for OSA using the Home sleep test

Technical comments:

The Resmed Apnea link air device was used to perform the home sleep test. During the respiratory polygraphy, the patient's respiratory effort, pulse, oxygen saturation, nasal flow and snoring were monitored to assess if the patient suffered from sleep disordered breathing or sleep apnea.

Sleep study findings:

AHI: 10.3 AI: 0 HI: 10.3 Mean SpO₂: 94 % time < 90% O₂: 1

Patient underwent a one-night Home Sleep Test. Total recording time was 7 hours and 45 minutes out of which monitoring time was 5 hours and 19 minutes. Total AHI was 10.3. AHI during supine sleep was 10.3. Patient did not spend any time in non-supine sleep. The apneas/hypopneas are accompanied by very mild oxygen desaturation (percent time below 90% SpO₂: 1%, Min SpO₂: 82%). Oxygen desaturation index (ODI) is 12.7. Snoring occurred 28 times during the recording. The mean pulse rate is 57 BPM.

Interpretation:

Findings are consistent with mild obstructive sleep apnea (OSA). The AHI is mild in supine sleep. Oxygen desaturations are minimal.

Recommendations:

The first treatment option for this patient should be a dental oral appliance which would likely normalize the mild OSA.



Syed Asad, MD

