

Summary of Sleep Analysis

Patient Information

Name : Max Mustermann

Device no: 0000

Report generated: DD MM YYYY 00:00

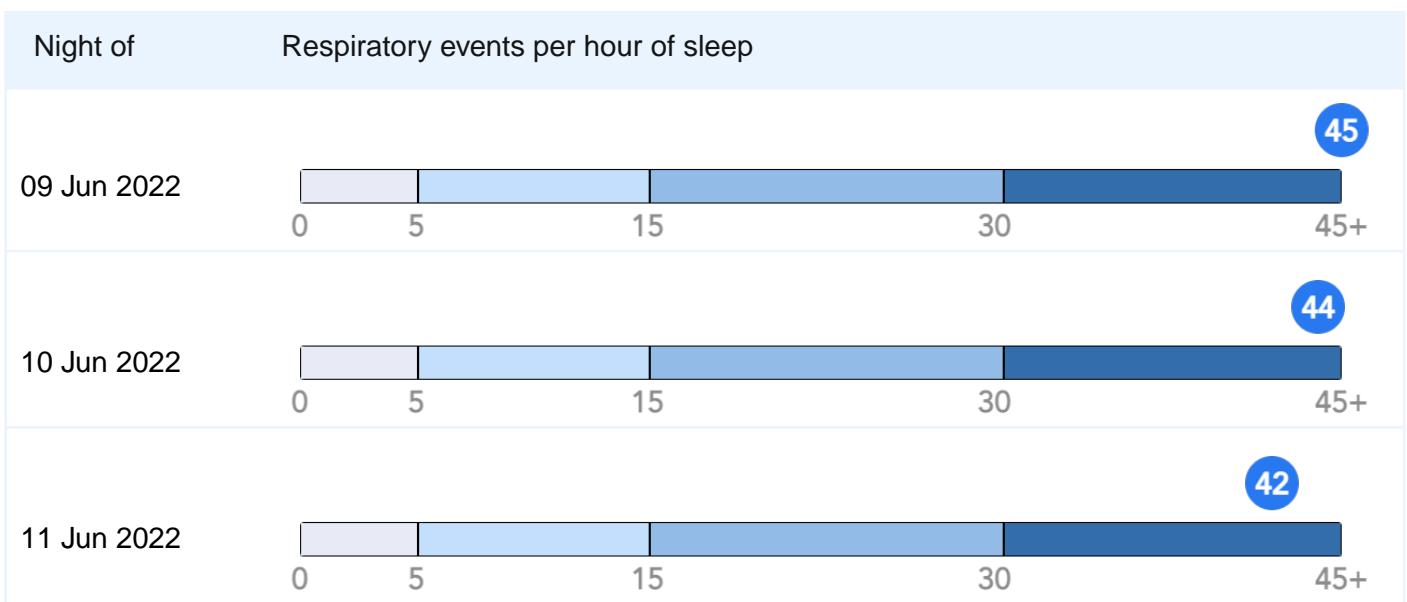
Information about the recording

| Night of | Bed In Time IST | Bed Out Time-IST | Time in bed | Total Sleep time | Sleep-efficiency* |
|-------------|-----------------|------------------|-------------|------------------|-------------------|
| 09 Jun 2022 | 21:59:43 | 05:53:23 (+1) | 7 hr 48 min | 7 hr 8 min | 91.28 % |
| 10 Jun 2022 | 22:25:28 | 06:09:18 (+1) | 7 hr 39 min | 6 hr 30 min | 84.84 % |
| 11 Jun 2022 | 22:07:17 | 06:34:07 (+1) | 8 hr 24 min | 7 hr 17 min | 86.65 % |

(+1) indicates that the recording continued until the next day

* Ratio between sleep time and time in bed

Sleep Apnea



Severity of sleep apnoea:

The displayed value corresponds to the number of respiratory events (e.g. breathing pauses) per hour of sleep and is comparable to the AHI (Apnea-Hypopnea Index). The following severity classifications and recommendations based on the AHI were established by the American Academy of Sleep Medicine (AASM) and are commonly used in clinical practice (1):

Summary of Sleep Analysis

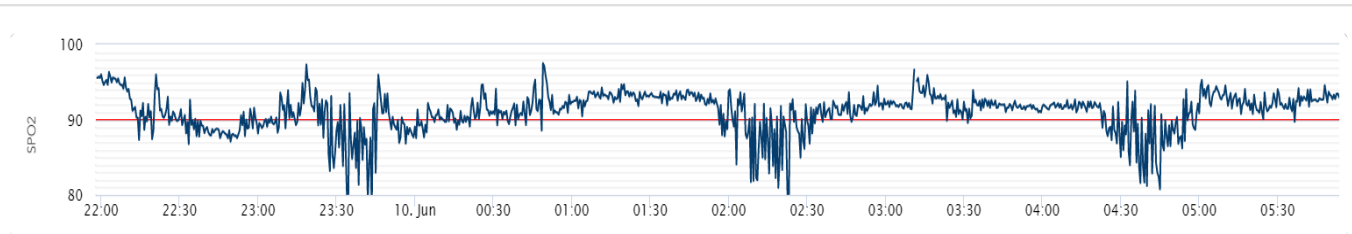
- 0-5: These values do not indicate sleep apnea. Without symptoms, no sleep therapy is needed.
- 5-15: These values could indicate mild sleep apnea. Without symptoms no therapy may be needed. It is recommended to consult a doctor, especially if there are associated symptoms.
- 15-30: These values could indicate moderate sleep apnea. It is recommended to consult a doctor. Therapy may be recommended, especially if there are associated symptoms.
- 30+: These values could indicate severe sleep apnea. It is recommended to consult a doctor. Therapy is recommended.

Blood Oxygen saturation

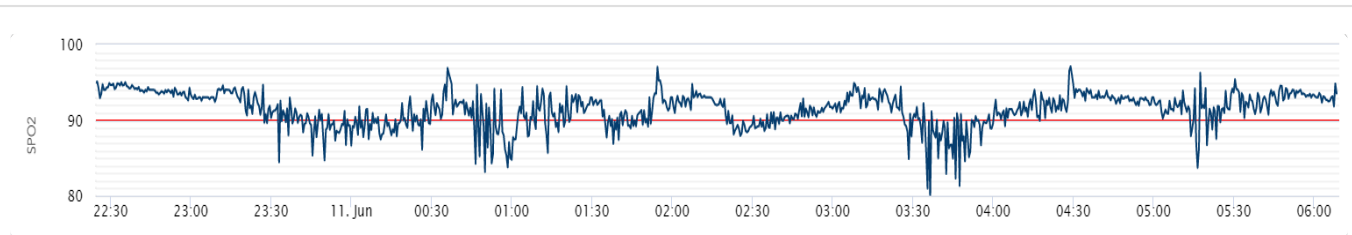
| Night of | Time SpO2-Signal | ODI* Normal: < 5/h | Ø SpO2 Normal: > 94% | Min SpO2 | Max SpO2 | Time <90% SpO2 |
|-------------|------------------|--------------------------|----------------------------|----------|----------|----------------|
| 09 Jun 2022 | 7 hr 53 min | 70.1 | 91.0 % | 73 % | 98 % | 2 hr 9 min |
| 10 Jun 2022 | 7 hr 45 min | 62.4 | 91.4 % | 73 % | 98 % | 1 hr 40 min |
| 11 Jun 2022 | 8 hr 21 min | 63.5 | 90.1 % | 72 % | 98 % | 3 hr 10 min |

* Oxygen Desaturation Index: Number of desaturations ($\geq 3\%$) per hour of sleep

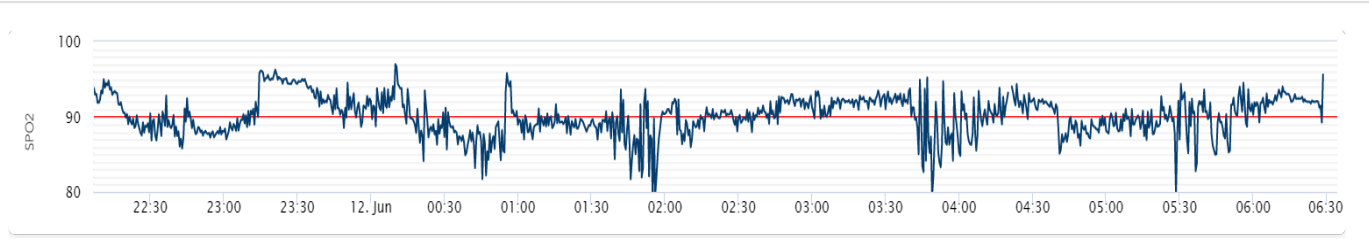
09 Jun 2022



10 Jun 2022



11 Jun 2022



Breathing Rate

| Night of | Ø Breathing Rate Normal: 10-16/min | Min. Breathing Rate 90% of the time- above this value | Max. Breathing Rate 90% the time below this value |
|-------------|--|---|---|
| 09 Jun 2022 | 13.2 /min | 11.7 /min | 14.9 /min |
| 10 Jun 2022 | 13.8 /min | 12.2 /min | 18.7 /min |
| 11 Jun 2022 | 12.8 /min | 11.8 /min | 16.5 /min |

Pulse Rate

| Night of | Ø Pulse Rate Normal: 60-80/min Ca. 50 /min at rest | Min. Pulse Rate 90% the time above this value Normal: >40 /min | Max. Pulse Rate 90% the time below this value Normal: <90 /min |
|-------------|---|---|---|
| 09 Jun 2022 | 68.0 /min | 62.0 /min | 77.0 /min |
| 10 Jun 2022 | 70.0 /min | 63.0 /min | 79.0 /min |
| 11 Jun 2022 | 68.0 /min | 62.0 /min | 81.0 /min |

Comments

In the sleep apnea graph, you can see how many respiratory events (e.g., breathing pauses) per hour of sleep have been observed in your sleep. You can find general recommendations in the explanation below the graph.

Please note that sleep therapy is recommended if your score is above 15 events per hour of sleep. If your values are below 15 events per hour of sleep and you also have symptoms such as tiredness, headaches, fatigue or a dry mouth in the morning, it is still advisable to consult a sleep specialist.

Please feel free to contact us if you have any questions.

If you can see the letters NA in your evaluation, this means that the value is not displayable.

Reasons for this could be that you were too far away from the device, the data quality was too low, or you were not wearing the pulse oximeter. In this case, no pulse rate is displayed either.

The guideline values given in this report have been checked by doctors but may differ from your individual optimum values. If you have any questions about your individual optimum values, it is best to contact your doctor.

References:

1. Flemons, W. W. et al. Sleep-related breathing disorders in adults: Recommendations for syndrome definition and measurement techniques in clinical research. *Sleep* vol. 22 <https://academic.oup.com/sleep/article/22/5/667/2726040> (1999).