

Doctor	Dr. Samuel Brainsample
Patient	Mrs. Podgorny
Gender	F
Age	58
Birth date	18.03.1961
Method	Cardiorespiratory monitoring via "Apnox-10"
Channels configuration	SpO2, ECG, RespEf, T-Flow, LM
Modification date	11.11.2019 12:46:50

### Study description

Obstructive sleep apnea syndrome was severe, AHI = 71.6/h (N<5).  
 Total number of respiratory events – 360, of which obstructive apneas – 123, mixed apneas – 0, central apneas – 1, hypopneas (also OBS and central) – 236.  
 Maximum duration of obstructive apnea – 52 s. Respiratory disorders recorded mainly not on the back.  
 Presence of snoring, number of episodes – 2065, snoring index – 410.9/h. Minimum SpO2 level – 77% (N>90%). Mean SpO2 was normal (N>92%) 95.4%.  
 Arousal index – 15.7/h (N<21). Most arousals were related to respiratory events.  
 Periodic limb movement disorder was mild, PML index – 14/h.

### Study information

Date of recording	July 26, 2019
Light off (HH:MM)	20:19
Light on (HH:MM)	03:36
Total recording time (TRT) (HH:MM)	07:16

### Body position statistics

Body position	Duration (HH:MM:SS)	% from TRT
Supine	02:41:00	37
Left	01:02:30	14
Right	01:18:10	18
Chest	00:52:20	11

### Snoring statistics

Event	Qty.	Index, /h
Snore	2065	284,0

### By body positions

On back	1045	143,8
Not on back	1020	140,3

### Sleep statistics

Calculated parameter	Value
Number of apnea	124
Number of hypopnea	236
Number of apnea+hypopnea	360
Apnea index, /h	17,1
Hypopnea index, /h	32,5
Apnea+hypopnea index, /h	49,5
LM number	6
LM index, /h	0,8
PLM number	71
PLM index, /h	9,8
Snoring number	2065
Snoring index, /h	284,0
Autonomic arousals	253
Autonomic arousals index, /h	34,8
SpO2 baseline, %	96

### Breathing disorders statistics

Event	Qty.	Duration, s	Index, /h	% from TRT	Avr. dur., s	Max. dur., s	On back	Index On back, /h	Not on back	Index Not on back, /h
O. apnea	123	43	28,2	16,9	21	52	86	32,1	37	15,8
C. apnea	1	0	0,2	0,1	13	13	1	0,4	0	0,0
M. apnea	0	0	0,0	0,0	0	0	0	0,0	0	0,0
Apnea total	124	43	28,4	17,1	-	-	87	32,4	37	15,8
O. hypopnea	236	77	54,1	32,5	20	52	55	20,5	181	77,2
C. hypopnea	0	0	0,0	0,0	0	0	0	0,0	0	0,0
Hypopnea total	236	77	54,1	32,5	-	-	55	20,5	181	77,2
A+H	360	120	16,6	49,5	-	-	142	52,9	218	93,0

### SpO2 statistics

SpO2 baseline, %		Minimal SpO2 level, %		Average SpO2 level, %	
96		77		95	
Event	Qty.	Index, /h	Duration, s	Avr. dur., s	Max. dur., s
Desaturation	388	53,4	137	21	112
Critical SpO2 value (<80%)	3	0,4	18	6	8

<i>SpO2 by body positions, %</i>			
Body position	Min.	Avr.	Max.
On back	77	95	100
Not on back	82	96	100
Left	83	96	100
Right	82	96	100
Chest	81	96	100

  

Body position	%MinSpO2	%Avr SpO2	%Max SpO2
On back	77	95	100
Left	83	96	100
Right	82	96	100
Chest	81	96	100

<i>SpO2 values distribution</i>							
Value	100%-94%	93% - 88%	87% - 80%	79% - 70%	69% - 60%	59% - 50%	< 90%
Time (min.)	211	78	10	0	0	0	21
Time (% from TRT)	70,1	25,8	3,3	0,1	0,0	0,0	7,0

  

Range	Time (min.)	Time (% from TRT)
100% - 94%	211	70,1
93% - 88%	78	25,8
87% - 80%	10	3,3
79% - 70%	0	0,1
69% - 60%	0	0,0
59% - 50%	0	0,0
< 90%	21	7,0

<i>Desaturation episodes statistics</i>				
Value	3 - 4%	5 - 10%	11 - 15%	16 - 70%
Quantity	217	182	48	13

<i>Cardiac statistics</i>					
Minimal HR level, bpm	64		Average HR level, bpm	69	
ECG events	Qty.	Index, /h	Total duration, m.	Avr. duration, s.	Max. duration, s.
Tachycardia	10	1,4	2	11	22
Bradycardia	114	15,7	34	18	35
Asystole	0	0,0	0	0	0

<i>HR by body positions, bpm</i>			
Body position	Min.	Avr.	Max.
On back	63	71	86
Not on back	40	69	86
Left	60	68	86
Right	40	70	86
Chest	55	69	86

  

Body position	Min. HR	Avr. HR	Max. HR
On back	63	71	86
Left	60	68	86
Right	40	70	86
Chest	55	69	86

<i>Arousal Statistics</i>					
Arousals	Qty.	Index, /h	Dur., s.	Avr. dur., s.	Max. dur., s.
Autonomic arousals	253	34,8	51	12	31

<i>Limbs movements statistics</i>					
Limbs movements			Periodic limbs movements		
Events	Qty.	Index, /h	Events	Qty.	Index, /h
LM	6	0,8	PLM	71	9,8

  

<i>Body positions statistics</i>					
On back	0	0,0	On back	32	11,9
Not on back	6	2,6	Not on back	39	16,6
Right	2	1,5	Right	11	8,4
Chest	0	0,0	Chest	28	0,0
Left	4	3,8	Left	0	0,0