

PSG DIAGNOSTIC REPORT

Acronym definitions

Reports in Alice software use sleep medicine terminology. Below is a list of items and explanations:

AHI – **A**pnea **H**ypopnea **I**ndex, total of all scored apnea and hypopnea divided by the total hours of sleep, or total sleep time (TST, see below) expressed as events per hour

RDI – **R**espiratory **D**isturbance **I**ndex, total of all apneas, hypopneas, and Respiratory Effort Related Arousals (RERA, see below) divided by the total hours of sleep, or total sleep time (TST, see below) expressed as events per hour

RERA – **R**espiratory **E**ffort **R**elated **A**rousals, when there are 10 seconds or more of increased breathing effort, or flattening of the pressure flow waveform leading to arousal from sleep

TST – **T**otal **S**leep **T**ime, total of time in stage N1, N2, N3, and REM sleep

TRT – **T**otal **R**ecording **T**ime, time from lights out to lights on (also TIB)

TIB – **T**ime **I**n **B**ed, time from lights out to lights on (also TRT)

WASO – **W**ake **A**fter **S**leep **O**nset, total time a patient is awake after falling asleep and before the final awakening.




G3 report, page 1, upper tables

The standard Polysomnography Report from Sleepware G3 provides the statistics calculated from the scoring of the test, whether manual or auto scored. First, the patient information, along with the testing times, referring and interpreting physicians and a description of the test performed.

<i>Polysomnography Report</i>			
Recording Identification			
Patient name:	Patient	Acq #:	20005
First name:	Sample	Type:	Adult
Sex:	Male	Started:	5/11/2011 at 9:18:55 PM
Birth date:	1/20/1944	Stopped:	5/12/2011 at 4:19:19 AM
Patient age:	67 years	Duration:	7:00:24 hours (420.4 min)
Height:	70.0 in.	Weight:	250.0 lbs.
BMI:	35.9 lb/in ²	Epworth:	17 / 24
Neck:	18 in.	Referring physician:	Referring, Physician
		Interpreting physician:	Interpreting, Physician
Recording Tech:	Recording Tech	Scoring Tech:	Scoring Tech
CPT Code:	95810	CPT Code Description:	Attended Polysomnography 4 or more channels
Procedure			
Polysomnography was conducted on the night of 5/11/2011. The following parameters were monitored: frontal, central and occipital EEG, electrooculogram (EOG), submentalis EMG, nasal and oral airflow, anterior tibialis EMG, body position and electrocardiogram. Additionally, thoracic and abdominal movements were recorded by inductance plethysmography. Oxygen saturation (SpO2) was monitored using a pulse oximeter. The tracing was scored using 30 second epochs. Hypopneas were scored per AASM definition VIII.4.B (3% desaturation).			

G3 report, page 1, lower tables

The next section shows the stages of sleep, time to stages from lights out, duration of each stage, sleep efficiency and distribution of sleep for this test.

Sleep Data				
LIGHTS OFF (LO) : 9:40:25 PM		LIGHTS ON (LON) : 4:11:13 AM		
LATENCIES		From Lights Off (min)		
Sleep Onset	9.0 min			
N1 :	9.0 min			
N2 :	18.0 min			
N3 :	34.5 min			
REM :	57.5 min			
DURATIONS				
Time in Bed:	390.8 min			
Sleep Period Time:	361.5 min	Sleep Efficiency:	75.6%	
Total Sleep Time:	295.5 min	WASO:	86.3 min	
SWS Time:	44.5 min	TWK Time (tot):	95.3 min	
REM Time:	73.0 min	Inter-Sleep WK:	18.3%	
NREM Time:	222.5 min	Stage Shifts:	91	
Sleep Stage Distribution				
	Episodes (# of)	Duration (min)	TIB (%)	TST (%)
WK (SPT):	18	66.0		
WK (TIB) :	20	95.3	24.4	
REM:	11	73.0	18.7	24.7
N1 :	20	96.5	24.7	32.7
N2 :	23	81.5	20.9	27.6
N3 :	17	44.5	11.4	15.1

G3 report, page 2, upper tables

On the second page begins the tabulation of the scoring results from the respiratory channels.

Calculations of the numbers of each event type, lengths of events, totals, and association with REM NREM stages.

Patient, Sample		Page 2						
Study Date: 5/11/2011								
Respiratory Data								
	CA	OA	MA	Apnea	Hypop*	A+ H	RERA	Total
Number:	0	3	0	3	58	61	0	61
Mean Dur : (sec)	0.0	15.2	0.0	15.2	15.3	15.3	0.0	15.3
Max Dur (sec):	0.0	17.0	0.0	17.0	20.5	20.5	0.0	20.5
Total Dur (min) :	0.0	0.8	0.0	0.8	14.8	15.5	0.0	15.5
% of TST:	0.0	0.3	0.0	0.3	5.0	5.3	0.0	5.3
Index (#/h TST) :	0.0	0.6	0.0	0.6	11.8	12.4	0.0	12.4
REM Count:	0	0	0	0	9	9	0	9
NREM Count:	0	3	0	3	49	52	0	52
REM Index (#/h):	0.0	0.0	0.0	0.0	7.4	7.4	0.0	7.4
NREM Index (#/h):	0.0	0.8	0.0	0.8	13.2	14.0	0.0	14.0
*Above Index Values Based on Total Sleep Time ■ Hypopneas scored based on 3% or greater desaturation								
Cheyne Stokes Breathing: None observed during study.								

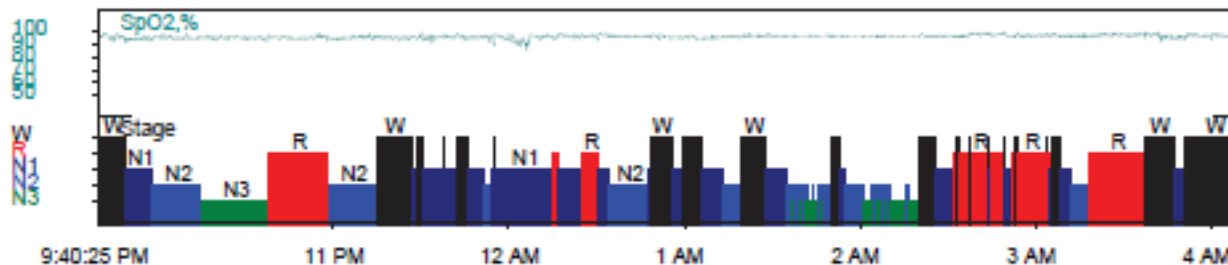
G3 report, page 2, lower tables

Next is the oximetry report summary, followed by the snoring summary. These tables and graphs on page 2 provide a look at the level of possible sleep disordered breathing recorded during this test.

Oximetry Summary

Average SpO2 (TST):	95.50%	Total Sleep Time 90 - 100%:	294.20 min
Average SpO2 (TIB):	96%	Percent Sleep Time 90 - 100%:	99.56%
# Desaturations:	2	Total Sleep Time 80 - 89%:	1.30 min
Desaturation Index:	0.3 /hr	Percent Sleep Time 80 - 89%:	0.44%
Min SpO2 Value During TIB:	85%	Total Sleep Time <88%:	0.30 min
Min SpO2 value During TST:	85%	Percent Sleep Time <88%:	0.10%

Oximetry Evolution




Snoring Summary

Snoring Episodes:	7
Snoring Index:	1.42 /hr of sleep
Total Time with Snoring:	0.1 min (0.0% of sleep)

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The third page starts with the movement, arousal, and position summaries.

Patient, Sample		Page 3										
Study Date: 5/11/2011												
Leg Movements Summary												
		Count	Index (#/h)									
Total Leg Movements:		12	2.0									
PLMS:		8	1.3									
PLMS Arousals:		0	N/A									
Arousal Summary												
	REM	NREM	Arousals	Awakenings	Ar + Aw	Ar + Aw Index						
Respiratory:	1	1	2	0	2	0.3						
Leg Movements:	0	0	0	0	0	0.0						
Snore:	0	0	0	0	0	0.0						
Spontaneous:	1	1	3	0	3	0.5						
Total:	2	2	5	0	5	0.8						
Arousal Index:	1.6	0.5	0.8	0.0	0.8							
Events occurring during Wake are not included in the table above.												
Body Position Summary												
	Sleep (min)	TST (%)	REM (min)	NREM (min)	CA (#)	OA (#)	MA (#)	HYP (#)	AHI (#/h)	RERA (#)	RDI (#/h)	Desat (#)
Supine	19.4	6.57	0.0	19.4	0	0	0	8	12.7	0	12.7	0
Non-Supine	276.10	93.43	73.00	203.10	0.00	3.00	0.00	53.00	12.17	0	12.17	2.00
Left:	205.7	69.61	52.5	153.2	0	0	0	26	6.2	0	6.2	2
Right:	70.4	23.82	20.5	49.9	0	3	0	27	25.6	0	25.6	0

G3 report, page 3, lower tables

The last table is the Cardiac Summary and Cardiac Event Observations. The event observations are from the scored cardiac events noted during scoring of the test.

Cardiac Summary			
Average Pulse Rate During Sleep (TST):			92 bpm
Highest Pulse Rate During Sleep (TST):			101 bpm
Highest Pulse Rate During Recording (TIB):			112 bpm
Cardiac Event Observations			
Type	Yes	No	Rate / Duration
Bradycardia:	✓		Lowest HR Scored: 49 bpm
Unclassified Tachycardia:	✓		Highest HR Scored: 51 bpm
Sinus Tachycardia During Sleep:		✓	Highest HR Scored: N/A
Narrow Complex Tachycardia:	✓		Highest HR Scored: 50 bpm
Wide Complex Tachycardia:	✓		Highest HR Scored: 52 bpm
Asystole:		✓	Longest Pause: N/A
Atrial Fibrillation:	✓		Duration Longest Event: 8.5 sec

G3 report, page 4, hypnograms

This last page contains a hypnogram showing the stages of sleep, heart rate, oxygen saturation, each type of breathing event with duration, limb movements, arousals, and body positions. All displayed by time of occurrence. Altogether this report shows the basics to allow the interpreting physician to understand the results and use this information to make an accurate diagnosis.

