

Diagnostic PSG Report

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Patie			

Physician Interpretation:

Disclaimer: Physician interpretation and treatment recommendations as well as titration protocols are based on CMS 4% criteria (AASM Rule 1B). AASM 3% criteria (AASM Rule 1A) data is provided in addition to be used as clinically indicated.

- Study demonstrates an overall AHI (1B) of 3.9 with a central AHI of 0 consistent with no obstructive sleep apnea. Clinical correlation advised.
- Oxygen saturations demonstrated a total of 40.0% of sleep time with saturations below 89%.
- Modified ECG demonstrated predominant rhythm of sinus rhythm.

Recommendations:

- Normal Study:
 - Consider evaluation of other potential etiologies of the patient's symptoms as clinically indicated.
- Nocturnal Hypoxemia:
 - Nocturnal hypoxemia was noted during the study, consider evaluation for other etiologies of hypoxemia as clinically indicated.
 - Consider evaluation of other potential etiologies of the patient's symptoms as clinically indicated.
- Patient should be instructed to avoid driving or engage in activities that require ongoing vigilance if feeling sleepy or tired.
- Treatment should also include attention to proper sleep hygiene, weight reduction if BMI is elevated, avoidance of supine sleep and avoidance of alcohol within 4 hours of bedtime.
- It is good medical practice and may be a Medicare requirement for the ordering provider to review findings of the study at a follow-up visit with the patient.

Indications for Polysomnography

The patient is a 46 year-old Male who is 185 cm and weighs 95.3 kg. His BMI equals 27.8. A full night polysomnogram was performed to evaluate for Obstructive sleep apnea (adult).

Polysomnogram Data

A full night polysomnogram recorded the standard physiological parameters including EEG, EOG, EMG, EKG, nasal and oral airflow. Respiratory parameters of chest and abdominal movements were recorded with Respiratory Inductance Plethysmography belts. Oxygen saturation was recorded by pulse oximetry.

Sleep Architecture

The total recording time of the polysomnogram was 517.4 minutes. The total sleep time was 389.5 minutes. Sleep latency was 108.5 minutes. REM latency was 195.0 minutes. The patient spent 13.5% of total sleep time in Stage N1, 50.4% in Stage N2, 18.0% in Stages N3, and 18.1% in REM. Sleep Efficiency was 75.3%. Wake after Sleep Onset time was 19.0 minutes.

Respiratory Events

The polysomnogram revealed a presence of 0 obstructive, 0 central, and 0 mixed apneas. There were 70 hypopneas (using AASM Rule 1A criteria). There were 25 hypopneas (using AASM Rule 1B criteria). The combined Apnea\Hypopnea Index (using AASM Rule 1A criteria) was 10.8 events per hour. The combined Apnea\Hypopnea Index (using AASM Rule 1B criteria) was 3.9 events per hour.

Mean oxygen saturation was 89.3%. The lowest oxygen saturation during sleep was 84.0%. Total sleep time spent \leq 88% oxygen saturation was 155.7 minutes (representing 40.0% of sleep time).

Transcutaneous CO₂ during sleep ranged from 0.0 to 0.0 mmHg. Transcutaneous CO₂ was greater than 50 mmHg for 0.0 minutes and greater than 55 mmHg for 0.0 minutes.

Limb Activity

There were 336 total limb movements recorded, of this total, 336 were classified as PLMs. PLM index was 51.8 per hour and PLM associated with Arousals index was 2.0 per hour.

Cardiac Summary

The average pulse rate was 66.4 bpm. The minimum pulse rate was 54.0 bpm while the maximum pulse rate was 93.0 bpm.

Technologist Summary of Findings:

Sleep Aid: 12.5 Trazadone and 15-30ml ZzzQuil

Snoring: Yes

Supplemental Oxygen: RA

Behaviors: PLMS

Baseline Wake TcCO₂ Value: N/A

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Diplomate, American Board of Internal Medicine

Electronically Signed by Teofilo Lee-Chiong, MD 01/12/2026 5:47 PM

Cc: Mathew, Amy

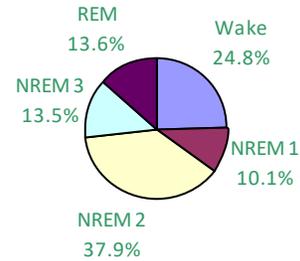
Study Overview

Lights Off:	09:02:52 PM		Count	Index
Lights On:	05:40:16 AM		Awakenings:	20
Time in Bed:	517.4 min.		Arousals:	92
Total Sleep Time:	389.5 min.		AHI (≥3% Desat and/or Ar.):	70
Sleep Efficiency:	75.3%		AHI (≥4% Desat):	25
Sleep Latency:	108.5 min.		Limb Movements:	336
Wake After Sleep Onset:	19.0 min.		Desaturations:	77
REM Latency from Sleep Onset:	195.0 min.		Minimum SpO₂ TST:	84.0%

Sleep Architecture

Stages	Time (mins)	% Sleep Time
Wake	128.5	
Stage N1	52.5	13.5%
Stage N2	196.5	50.4%
Stage N3	70.0	18.0%
REM	70.5	18.1%

% of Time in Bed



Arousal Summary

	NREM	REM	Sleep	Index
Respiratory Arousals	12	2	14	2.2
PLM Arousals	11	2	13	2.0
Isolated Limb Movement Arousals	0	0	0	0
Spontaneous Arousals	56	10	66	10.2
Total	78	14	92	14.2

Respiratory Summary

	By Sleep Stage		By Body Position		Total
	NREM	REM	Supine	Non-Supine	
Time (min)	319.0	70.5	169.0	220.5	389.5
Obstructive Apnea	0	0	0	0	0
Mixed Apnea	0	0	0	0	0
Obstructive Hypopnea	51	20	49	22	71
OAHI	9.6	17.0	17.4	6.0	10.9
Central Apnea	0	0	0	0	0
Central Hypopnea	0	0	0	0	0
CAHI	0	0	0	0	0
≥3% Hypopneas	50	20	48	22	70
≥3% AHI	9.4	17.0	17.0	6.0	10.8
≥4% Hypopneas	17	8	17	8	25
≥4% AHI	3.2	6.8	6.0	2.2	3.9

	Apnea		Hypopnea	
	NREM	REM	NREM	REM
Average (seconds)	0	0	30.3	33.7
Maximum (seconds)	0	0	59.0	51.7

Oxygen Saturation Summary

	Wake	NREM	REM	TST	TIB
Average SpO ₂ (%)	90.4%	88.8%	89.6%	89.0%	89.3%
Minimum SpO ₂ (%)	84.0%	84.0%	84.0%	84.0%	84.0%
Maximum SpO ₂ (%)	97.0%	95.0%	96.0%	96.0%	97.0%

Oxygen Saturation Distribution

Range (%)	Time in range (min)	Time in range (%)
90.0 - 100.0	131.8	25.8%
80.0 - 90.0	358.6	70.1%
70.0 - 80.0	0	0
60.0 - 70.0	0	0
50.0 - 60.0	0	0
0.0 - 50.0	0	0

Sleep Time Spent ≤88% SpO₂

Range (%)	Time in range (min)	Time in range (%)
0.0 - 88.0	155.7	40.0%

	Count	Index
Desaturations	77	11.9

Limb Movement Summary

	Count	Index
Isolated Limb Movements	0	0
Periodic Limb Movements (PLMs)	336	51.8
Total Limb Movements	336	51.8

Cardiac Summary

	Wake	NREM	REM	Sleep	Total
Average Pulse Rate (BPM)	73.6	64.8	63.0	64.5	66.4
Minimum Pulse Rate (BPM)	58.0	54.0	55.0	54.0	54.0
Maximum Pulse Rate (BPM)	93.0	78.0	77.0	78.0	93.0

Pulse Rate Distribution:

Range (bpm)	Time in range (min)	Time in range (%)
0.0 - 40.0	0	0
40.0 - 60.0	45.7	8.9%
60.0 - 80.0	431.1	84.4%
80.0 - 100.0	13.7	2.7%
100.0 - 120.0	0	0
120.0 - 140.0	0	0
140.0 - 200.0	0	0

TcCO₂ Summary

Stage	Min (mmHg)	Average (mmHg)	Max (mmHg)
Wake	0	0	0
NREM(1+2+3)	0	0	0
REM	0	0	0

TcCO₂ Distribution:

Range (mmHg)	Time in range (min)	Time in range (%)
0	0	0
0	0	0
0	0	0
0	0	0
0	0	0

Comments

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Supplemental O₂ Summary

O ₂ Level	TIB (min)	TST (min)	Wake (min)	NREM (min)	REM (min)	Supine TST	Sleep Eff%	OA#	CA#	MA#	Hyp# (≥3%)	AHI (≥3%)	Hyp# (≥4%)	AHI (≥4%)	SpO ₂ ≤88% (min)	Min SpO ₂	Mean SpO ₂	Mean TcCO ₂	Max TcCO ₂
0	518.0	389.5	128.5	319.0	70.5	169.0	75.2%	0	0	0	70	10.8	25	3.9	155.7	84.0	89.0	0	0

