

A close-up photograph of a middle-aged couple smiling and embracing each other. The woman has curly brown hair and is wearing a grey top. The man has grey hair and is wearing a white shirt. They are both looking at each other with warm expressions.

PHILIPS

Sleep Apnea Report

Sleep apnea service consumer report



Dear

Thank you for taking the Philips Obstructive Sleep Apnea (OSA) Home Sleep test.

We hope that you have found taking the Home Sleep test simple. Please find enclosed your OSA test results. This includes an overall summary of the key findings, recommended next steps, as well as full details on your home sleep test results.

What does the report contain?

This report is a detailed summary of your results from taking the Home Sleep Test, including: your total time spent in bed, the type of sleep apnea events you experienced overnight, your heart rate statistics, snoring statistics (the total percentage of your night spent snoring), your oxygen saturation levels, and your breathing patterns.

What are my results?

Your results indicate that on the night of the home sleep test you had Obstructive Sleep Apnea.

The good news is that now you can start thinking about your options for treatment.

What are my next steps?

We advise that you discuss these results with your local healthcare professional, who can advise you regarding treatment options*. Treatment may involve the use of a Continuous Positive Airway Pressure (CPAP) device and a mask. Many mask options are available depending on your breathing preference and you will be advised by your healthcare professional about what is right for you.

You can also seek referral from your G.P. to your local sleep clinic to seek treatment. Please see this link for a list of clinics near you: www.philips.co.uk/homesleeptesting/clinics.

* in some cases repeat diagnosis may be required and there may be an additional charge for this.

Sleep test report

Study Date

Patient Name			
Patient ID #		Recording device	
Sex		Height	cm
Date of birth		Weight	kgs
Age		B.M.I	kg/m ²

Device and Sensor Details

The study was recorded on a Philips Respironics Alice NightOne device using 1 thoracic RIP effort belt and a pressure based flow sensor. The heart rate is derived from the oximeter sensor and the snore signal is derived from the pressure sensor. The device also records body position and uses it to determine the monitoring time (sleep/wake periods). The study was analyzed using the latest American Academy of Sleep Medicine scoring guideline (AASM v 2.4)

Time and durations	Total time recorded during your sleep study as well time spent in bed based on lights off and on time as recorded by the sleep questionnaire		
Lights off clock time		Total recording time (TRT)	
Lights on clock time		Time in bed (TIB)	

Sleep study summary

AHI		OAI		CAI		MAI		ODI		CSR% of TIB	
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AHI is the number of apneas and hypopneas per hour. OAI is the number of obstructive apneas per hour. CAI is the number of central apneas per hour. Lowest Desat is the lowest blood oxygen level that lasted at least 2 seconds. ODI is ~3% oxygen desaturation during TIB.

AHI: Number of apneas or hypopnoeas (pauses or partial airway closures) per hour of sleep.

OAI: Number of Obstructive apneas (pauses due to airway closure) per hour of sleep.

CAI: Number of central (brain mediated) apneas per hour of your sleep.

MAI: Number of mixed apneas (both central and obstructive pauses) per hour of your sleep.

ODI: Number of oxygen drops per hour of your sleep

CSR: Cheyne Stokes Respiration relates to a pattern of breathing whilst asleep and is reported as a percentage of the Time in Bed.

Respiratory events	The types of respiratory events are listed here and the index relates to the number of these events per hour of your time in bed								
	Index (#/hour)	Total # of events	Mean duration	Max duration	# of events by position				
					Supine	Prone	Left	Right	Up
Central Apneas									
Obstructive Apneas									
Mixed Apneas									
Hypopneas									
Apneas + Hypopneas									
Time in position									
AHI in position									

Oximetry summary	Time spent below 90%, 85%, 80% and 70% oxygen	
	Duration (min)	% TIB
<90 %		
<85 %		
<80 %		
<70 %		
Average (%)		
Total # of desats		
Desat index (#/hour)		
Desat max (%)		
Desat max duration (sec)		
Lowest SpO2 % during sleep		
Duration of Min SpO2 (sec)		
Fail duration (min)		
Fail flow duration (min)		

Result graph

Snoring

Oxygen saturation
recorded through the
whole night (black)

Heart rate trace

Distribution of respiratory
events across the whole
night

Sleeping position
(R=Right, L=Left,
S=Supine, P=Prone, U=Up)

TRAT (Thoracic Flow
Rate) and FRAT (Flow
Rate) relate to areas of
respiratory



