



Michigan Heart Sleep Center



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POLYSOMNOGRAM INTERPRETATION REPORT

DEMOGRAPHIC and STUDY INFORMATION:

Patient Name:	Doe, John	Med. Rec. / Acq #:	08675309
Date of Birth:	4/7/1941	Study Date:	12/16/2008
Age / Gender:	67 Male	Primary Physician:	
Ht. / Wt. / Neck Size:	73.0 in 239.0 lbs 17.5"	Referring Physician:	TAUQIR GORAYA MD
B.M.I / ESS Score:	31.5 11.0	Interpreting Physician:	CLICK TO SELECT

Final Impressions:

- Moderate Obstructive Sleep Apnea
- No Nocturnal Hypoxia with the lowest recorded SaO2 of **88.0%**
- Excessive Daytime Sleepiness: Yes No
- Sleep Efficiency: 85.9% (Normal >80%) Total Sleep Time: 393.5 minutes
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Indices (Normal < 5)	Limb Movements	Oxygen Saturation
Total AHI: 23.9	PLM Index: 98.2	Lowest SpO2 (TRT): 88.0
Total RDI: 37.1	PLM Arousal Index: 1.9	Lowest SpO2 Stage: Stage 1 Sleep
REM AHI: 46.7		Mean SpO2 (TST): 92.8
Obstructive AHI: 23.2		SpO2 Range: 89.0% to 96.0%
Mixed AHI: 0.0		Below 88% (min.): 0.0
Central AHI: 0.0		

Diagnosis Codes:

- 327.23 Obstructive Sleep Apnea

Final Recommendations:

- Recommended Further testing: CPAP/BPAP study- date scheduled: **7/5/09**
- Optimize sleep hygiene measures, avoid alcohol and sedatives before bedtime, and avoiding sleep deprivation.
- Avoid driving while drowsy.
- Weight loss.
- Avoid sleeping in the supine position.
- Avoid caffeine especially if PLM/RLS is present.

Interpreting Physician:

[Click Here to Insert Interpreting Physician Signature](#)

Sleep Acronyms:

PAP- Positive Airway Pressure
 AHI- Apnea Hypopnea Index
 RDI- Respiratory Disturbance Index
 PLM- Periodic Limb Movements
 RLS- Restless Leg Syndrome
 ASV- Auto Servo-Ventilation
 MSLT- Multiple Sleep Latency Test

Interpreted Date: