

Patient: Demo OSA
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King Chulalongkorn Memorial Hospital Sleep Laboratory

Physician: Prakobkiat Hirunwiwatkul
Indication: Possible obstructive sleep apnea
Test Description: PSG

Procedure: Central & occipital EEG, EOG, submentalis EMG, thermocouple, ECG, thoracoabdominal motion, anterior tibialis EMG, snore sensor, and pulse oximetry were monitored. The tracing was scored in 30 sec. epochs. The attending physician below participated in the review and interpretation of the study and in the preparation of this report.

EEG & Sleep Stage Analysis: Total Sleep Time 450.0 min. (7.5 hrs.); Sleep Efficiency 98%; Sleep Onset 22:12 min; REM Latency 166.5 min. (2.8 hrs.)

	Time (min.)	% TST	% TIB
Stage 1	40.0	9	9
Stage 2	267.0	59	58
Stage 3	57.5	13	12
Stage 4	0.0	0	0
REM	85.5	19	19
Awake	10.5	---	2
Movement Time	0.0	---	0

RDI TST = 21.2

(Respiratory Disturbance Index for Total Sleep Time)

คือ มีจำนวนครั้งโดยเฉลี่ยที่มีภาวะหายใจผิดปกติ (หยุดหายใจ) เท่ากับ 21.2 ครั้งต่อชั่วโมงที่หลับจริง

Respiratory Analysis: RDI TST: 21.2; RDI REM: 20.4; Lowest SaO₂ w/a Respiratory Event: 66%, REM

Position	Time (min.)	REM (min.)	NREM (min.)	Apnea C / O / M	Hypopnea	RDI
Supine	162.91	9.27	144.09	0 / 20 / 0	49	27.0
Left	150.15	16.50	132.70	0 / 30 / 0	18	19.3
Prone	0.00	0.00	0.00	0 / 0 / 0	0	---
Right	147.44	59.73	87.71	0 / 21 / 0	21	17.1
Upright	0.00	0.00	0.00	0 / 0 / 0	0	---
Non-supine	297.59	76.23	220.41	0 / 51 / 0	39	18.2

EKG Analysis: HR during NREM 68 bpm - 94 bpm; HR during REM 68 bpm - 100 bpm

Leg movement Analysis: Frequent periodic limb movements were observed and sometimes related to arousals.

Interpretation: This baseline polysomnogram revealed obstructive sleep apnea, worse during supine position. Frequent periodic limb movements were observed and sometimes related to arousals.

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