

Diagnosis

Totale slaap tijd: 07:41:00 Er is wel goede atonie tijdens REM.
Slaapefficiëntie: 91,1 %
Slaaplatentie S1: 00:14:05 Slaaplatentie S2: 00:15:35
REM-faseslaap : 23 % vd TST
Waak: 8,9 % vd TIB WASO: 00:30:45 uur

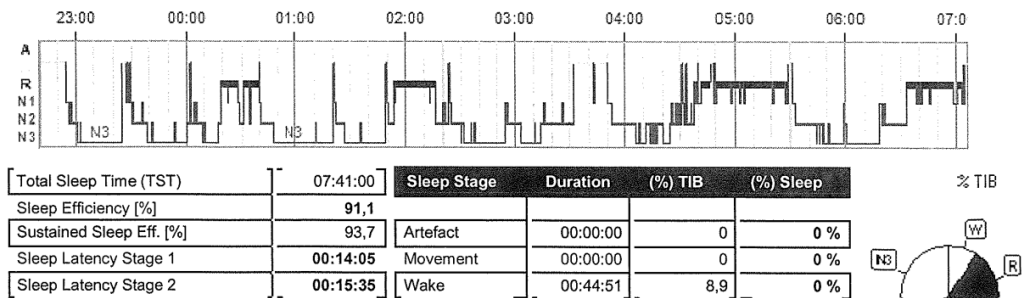
AHI: 2,5 /h. wel niet positie afhankelijk. echter AHI<5/h
AHI in rugligging: 13,3 /h over 5,9 % in rugligging
AHI in niet-rugligging: 1,8 /h over 94,1 % in non-rugligging
Desaturatie-index: 2,7 /h
Gemiddelde SaO2: 96 % en gemiddelde desaturatie tot 3,1 %
Laagste SaO2: 93 %
PLM-index: 0,0 /h
Snurken: 10,6% van de slaaptijd

Gaat om 22.40 slapen , valt vlot in slaap, doorloopt 4 slaapcycli met voldoende diepe slaap en geringe overmaat aan REM slaap.
Geen aanwijzingen voor OSA/ RERA's, normale nachtelijke saturaties.
Bevindingen passen bij normale nachtslaap, met geringe overmaat aan REMslaap

Comments

Arousal index is 11/h. Geen duidelijke relatie tussen ademhaling en arousals (RERA's)
Snurken 10,6% van de tijd.
In rugligging ademhalingsevents, echter slechts 4,5% van de tijd rugligging
Veel diepe slaap (38,7%)

Sleep Stages



Deep Sleep Latency	00:20:05	REM	01:46:00	21	23
REM latency	01:24:00	Stage 1	00:37:30	7,4	8,1
Total Sleep Period (SPT)	08:10:00	Stage 2	02:19:00	27,5	30,2
Sleep Stage Change (Index)	181 (21,5)	Stage 3	02:58:30	35,3	38,7
# Wake (Index)	18 (2,3)	Stage 4	N/A	0	0
		Light Sleep	02:56:30	34,9	38,3
		Deep Sleep	02:58:30	35,3	38,7

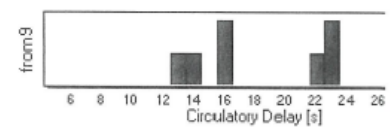
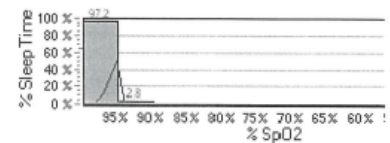
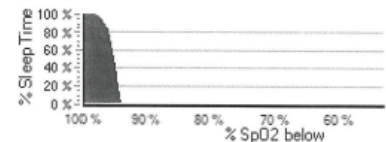
Respiratory Analysis

Number (Index)				
		REM	Non-REM	Sleep
Obstructive	0 (0)	0 (0)	2 (0,3)	2 (0,3)
Mixed	0 (0)	14 (7,9)	3 (0,5)	17 (2,2)
Central	2 (0,3)	7,9	0,8	2,2
Undef A.	0 (0)	0 (0)	0 (0)	0 (0)
Total A.	2 (0,3)	0 (0)	0 (0)	0 (0)
Hypopnoea	17 (2,2)	0	17	1
A+H	19 (2,5)	43	45	4
Limitation	0 (0)	0	15	1
RERAs	0 (0)	28,1	29,6	28,1
RDI	19 (2,5)	0 (0%)	0 (0%)	0 (0%)
Apnoea (Index)		0 (0)	2 (0,3)	2 (0,3)
Hypopnoea (Index)		14 (7,9)	3 (0,5)	17 (2,2)
AHI [h]		7,9	0,8	2,2
Flow Limitation (Index)		0 (0)	0 (0)	0 (0)
RERAs (Index)		0 (0)	0 (0)	0 (0)
Max. Apnoea Duration [s]		0	17	1
Max. Hypopnoea Duration [s]		43	45	4
Average Apnoea Dur. [s]		0	15	1
Average Hypopnoea Dur. [s]		28,1	29,6	28,1
Artefact [min]		0 (0%)	0 (0%)	0 (0%)

Position	Supine	not Supine	Left	Right	Prone	Upright
Sleep Time Fraction [%]		5,9	94,1	40,3	47,7	6,2
Posas		6 (13,3)	13 (1,8)	6 (1,9)	7 (1,9)	0 (0)
Obstructive Apnoea (Index)		0 (0)	0 (0)	0 (0)	0 (0)	0 (0)
Central Apnoea (Index)		1 (2,2)	1 (0,1)	0 (0)	1 (0,3)	0 (0)
Mixed Apnoea (Index)		0 (0)	0 (0)	0 (0)	0 (0)	0 (0)
Hypopnoea (Index)		5 (11,1)	12 (1,7)	6 (1,9)	6 (1,6)	0 (0)
Flow Limitation (Index)		0 (0)	0 (0)	0 (0)	0 (0)	0 (0)
RERAs (Index)		0 (0)	0 (0)	0 (0)	0 (0)	0 (0)

O2

	Number (Index)	Time
Number of Desaturations (Index)	21 (2,7)	
Desaturations $\geq 3\%$	N/A (0)	
Minimal SpO2 [%]	93	06:32:04
Baseline O2 Saturation	96	
Average SpO2 [%]	96	
Number desaturations < 90 %	0	0 %
Number desaturations < 80 %	0	0 %
SpO2 Time < 90 %	0 %	00:00:00
Biggest Desaturation [%]	4	01:49:36
Average Desaturation [%]	3,1	38,8 s
Longest Desaturation [s]	90,8	02:20:57
Average Min. Saturation [%]	95	
Deepest Desaturation [%]	93	06:32:04
Sum all desaturation	00:13:35	3 %
Average Circulatory delay [s]	20,4	
Artefact [min]	0,7 (0,1%)	



Snore

	All	Prone	Supine	Left	Right	Upright
Snore (Index)	880 (114,5)	13 (27,3)	54 (119,5)	361 (116,7)	452 (123,4)	
Absolute Snore [min]	13,1	0,3	0,8	5,8	6,3	
Snore episodic [min]	49,1	0,1	2,6	22,5	23,9	
Snore episodic [% Sleep time]	10,6					

Body Position Analysis

	All	Prone	Supine	Left	Right	Upright	not Supine
Sleep Time Fraction [%]	100	6,2	5,9	40,3	47,7	0	94,1
Duration during sleep	07:41:00	00:28:31	00:27:06	03:05:38	03:39:43	00:00:00	07:13:53
Duration during REM	01:46:00	00:00:00	00:15:57	00:41:30	00:48:32	00:00:00	01:30:02
Duration during Non-REM	05:55:00	00:28:31	00:11:09	02:24:08	02:51:11	00:00:00	05:43:50
Duration awake	00:44:51	00:01:00	00:00:49	00:18:11	00:23:50	00:00:00	00:44:02
Position Changes (Index)	19 (2,5)						

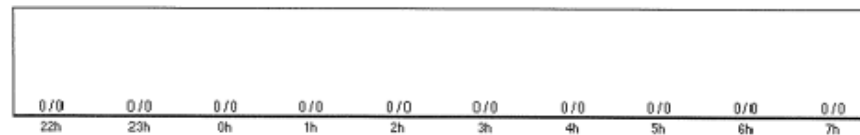
Arousa

	REM	Non-REM	Sleep
Total	23 (13)	61 (10,4)	84 (11)
Arousal EEG/EMG	23 (13)	61 (10,4)	84 (11)
Pleth	0 (0)	0 (0)	0 (0)
Respiratory MA	7 (4)	1 (0,2)	8 (1)
Flow Limitation MA	0 (0)	0 (0)	0 (0)
Desaturation MA	0 (0)	2 (0,3)	2 (0,3)
PLM MA	0 (0)	0 (0)	0 (0)
LM MA	8 (4,5)	17 (2,9)	25 (3,3)
Snore MA	1 (0,6)	3 (0,5)	4 (0,5)
Heart rate MA	1 (0,6)	2 (0,3)	3 (0,4)
Spontaneous MA	6 (3,4)	36 (6,1)	42 (5,5)
Artefact [min]	0,0	2,2	2,2

Arousal: Undistur
(% of Total)

Periodic Leg Movement (PLM)

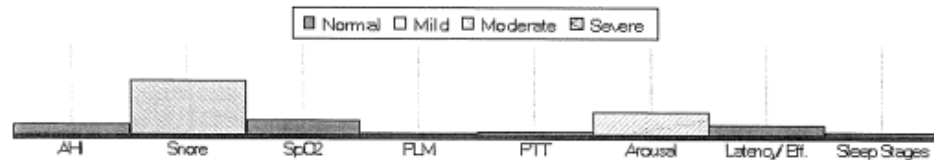
	Sleep	REM	Non-REM	Wake	Total
Total LMs (Index)	31 (4)	13 (7,4)	18 (3)	32 (42,8)	63 (7,5)
Isolated-LMs (Index)	31 (4)	13 (7,4)	18 (3)	32 (42,8)	63 (7,5)
PLMs (Index)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)
Resp-LMs (Index)	4 (0,5)	4 (2,3)	0 (0)	0 (0)	4 (0,5)
Body Position-LMs (Index)	5 (0,7)	0 (0)	5 (0,8)	2 (2,7)	7 (0,8)
PLMs with Arousal (Index)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)
LMs with Arousal (Index)	25 (3,3)	8 (4,5)	17 (2,9)	1 (1,3)	26 (3,1)

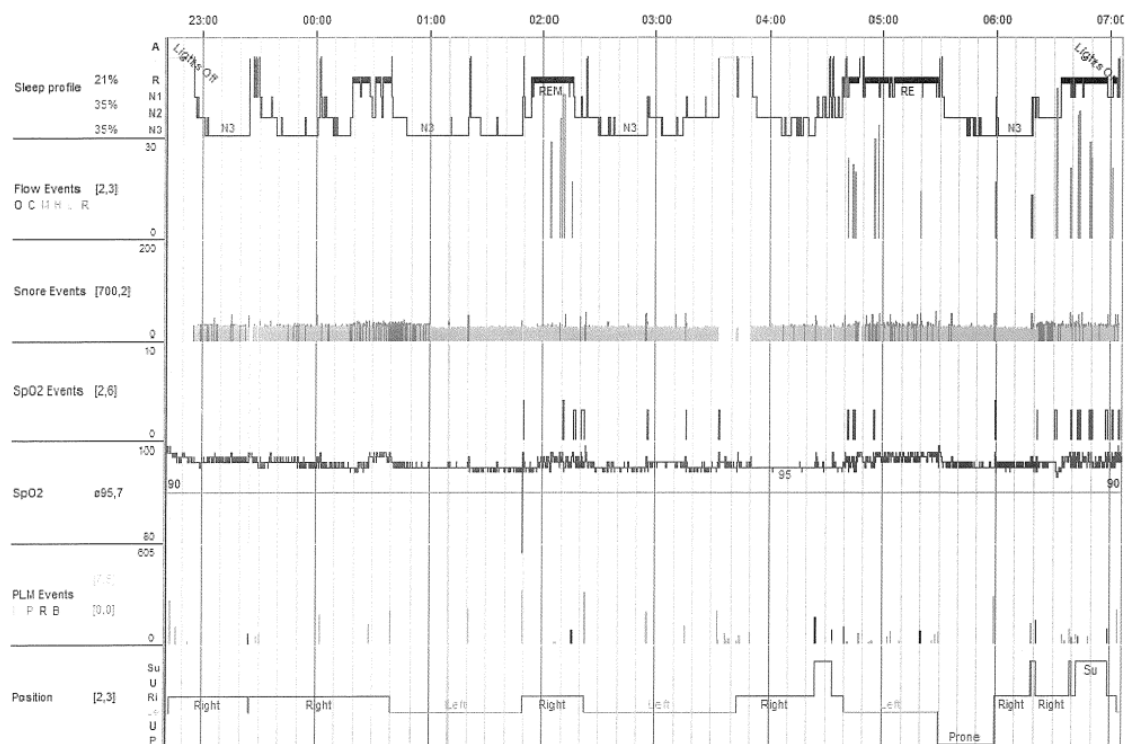


Bruxism

	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)	N/A (N/A)	0 (0)
Number (Index)	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)	N/A (N/A)	0 (0)
Duration	00:00:00	00:00:00	00:00:00	00:00:00	00:00:00	N/A	00:00:00

Summar





wekreactie diepe slaap

wekreactie diepe slaap

