One Sleep Test
Sample patient report

Home Sleep Test Report

Customer Name:

Dear
Thank you for completing your home sleep study with us. Your results were analysed by an accredited sleep health professional who has provided their recommendations in the comments below.
Your report includes two parts:

I. Summary Report:
An overall summary of your sleep study nights
II. Individual Night Report(s):
Summary Details of each individual night.

For any questions or feedback, please contact the ResMed Customer Care Centre on 1800-103-3969. Alternatively, you can email us on contact-us@resmed.co.in

Interpreting Physician comments

Your report shows moderate sleep apnea (max. AHI- 25) with the lowest SpO2 of 84%.
A trial of PAP therapy is indicated.
You can discuss this along with the lifestyle changes, weight management, and options for your wellness during your next consultation.

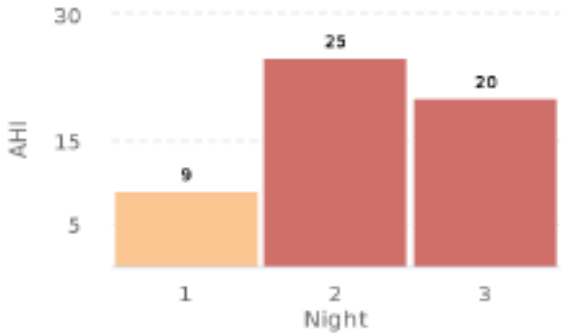
Electronically Signed By:
Dr Manvir Bhatia
Neurology & Sleep Centre
www.neurologysleepcentre.com
Reviewed On: 1st July 2022

NIGHTOWL® Examination Report

Patient Info		Test Info		Pulse Rate	
Name		**Number of nights**	3	**Mean PR**	50 bpm
DOB		**Number of failed nights**	0	**Pulse Rate > 100 bpm**	0%
Height		**Mean percentage of rejected recording**	6 %	**Pulse Rate < 40 bpm**	1%
Weight				**Ectopic beats**	2% of beats
BMI					

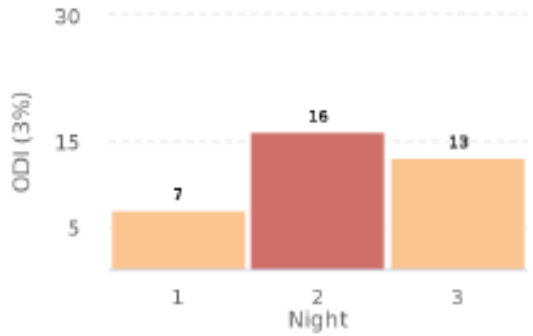
Apnea-Hypopnea Index

Max severity	Moderate
Median severity	Moderate
Severity of mean AHI	Moderate
Max AHI	25 events/h
Mean AHI	18 events/h
Min AHI	9 events/h
cAHI > 10	No



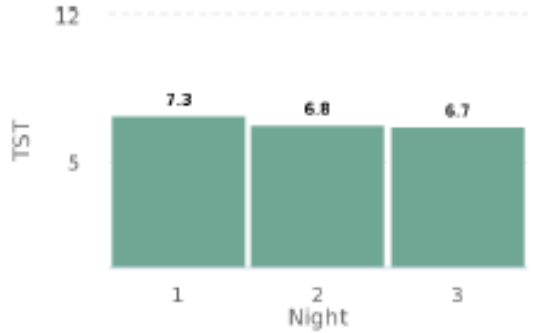
SpO_2

Max ODI ≥ 3%	16 events/h
Mean ODI ≥ 3%	12 events/h
Min ODI ≥ 3%	7 events/h
Max ODI ≥ 4%	11 events/h
Mean ODI ≥ 4%	7 events/h
Min ODI ≥ 4%	4 events/h
Mean T90	0%
Minimum SpO_2	84%
Maximum SpO_2	100%
Average SpO_2	96%
Base SpO_2	96%



Total Sleep Time

Max TST	07:25
Mean TST	07:13
Min TST	06:56
Max SE	95%
Mean SE	91%
Min SE	88%



NightOwl®
Ectosense NV
Bosbessenlaan 19A
3110 Rotselaar Belgium 2022
Vikas Singh 2022-06-30T16:50:08

Software version: 1.23

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Survey response - NPS - ResMed ANZ

How likely are you to recommend this home sleep test to a relative, friend or colleague?

10

Did we WOW you? What can we do better?

Yes

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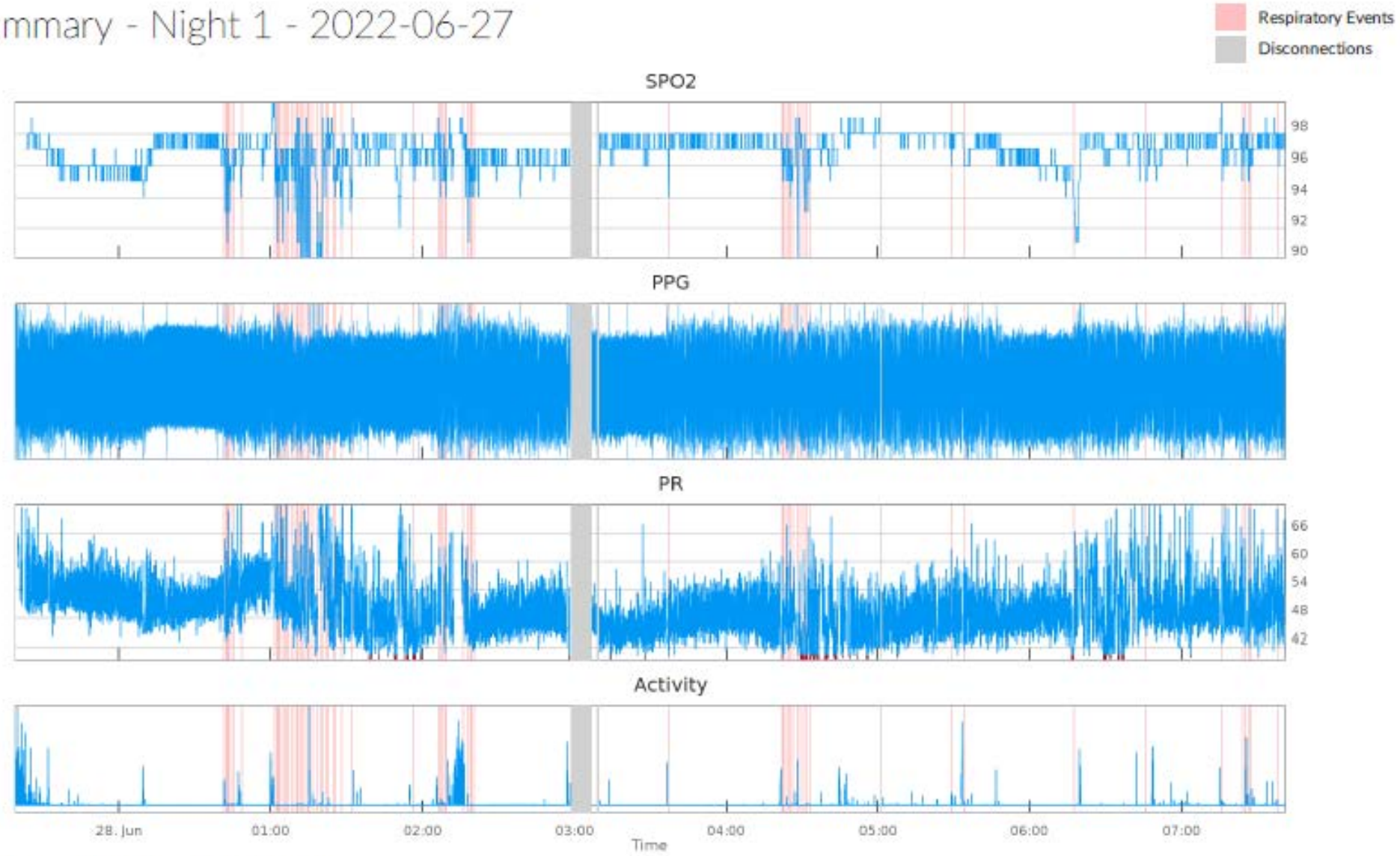
Summary - Night 1 - 2022-06-27



TST = 07:15 **ODI** = 7 /h **AHI** = 9 /h

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Survey response - Sleep diary/soft note - v1

How long did it take you to fall asleep once you started the recording?

30

How many times and at what times did you wake up during the night?

2.30 am

Were there any factors affecting your sleep last night?

Nothing

How representative was last night of your normal sleep pattern?

Somewhat

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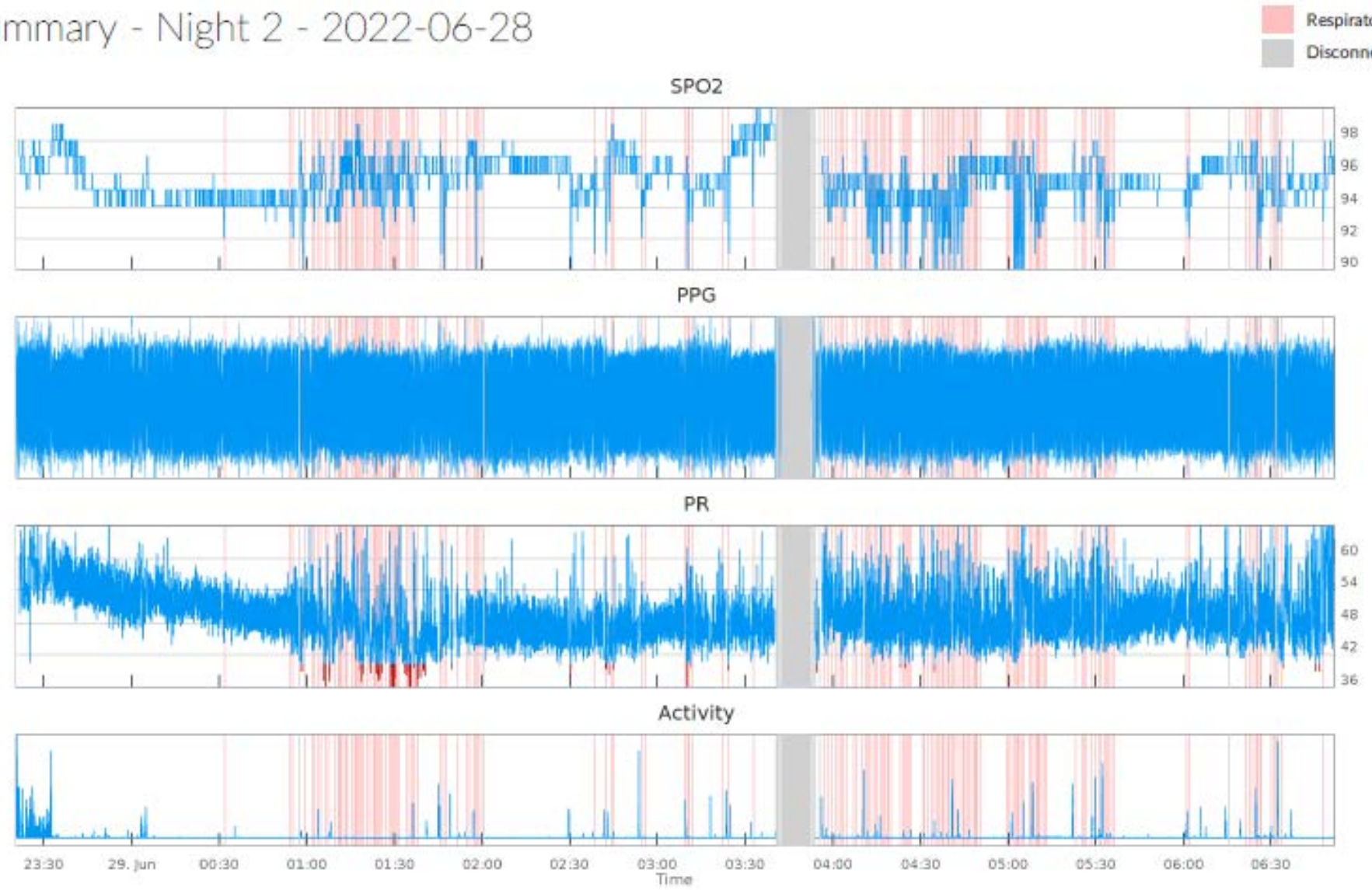
Summary - Night 2 - 2022-06-28



TST = 06:49 **ODI** = 16 /h **AHI** = 25 /h

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Survey response - Sleep diary/soft note - v1

How long did it take you to fall asleep once you started the recording?

20

How many times and at what times did you wake up during the night?

1

Were there any factors affecting your sleep last night?

No

How representative was last night of your normal sleep pattern?

Highly

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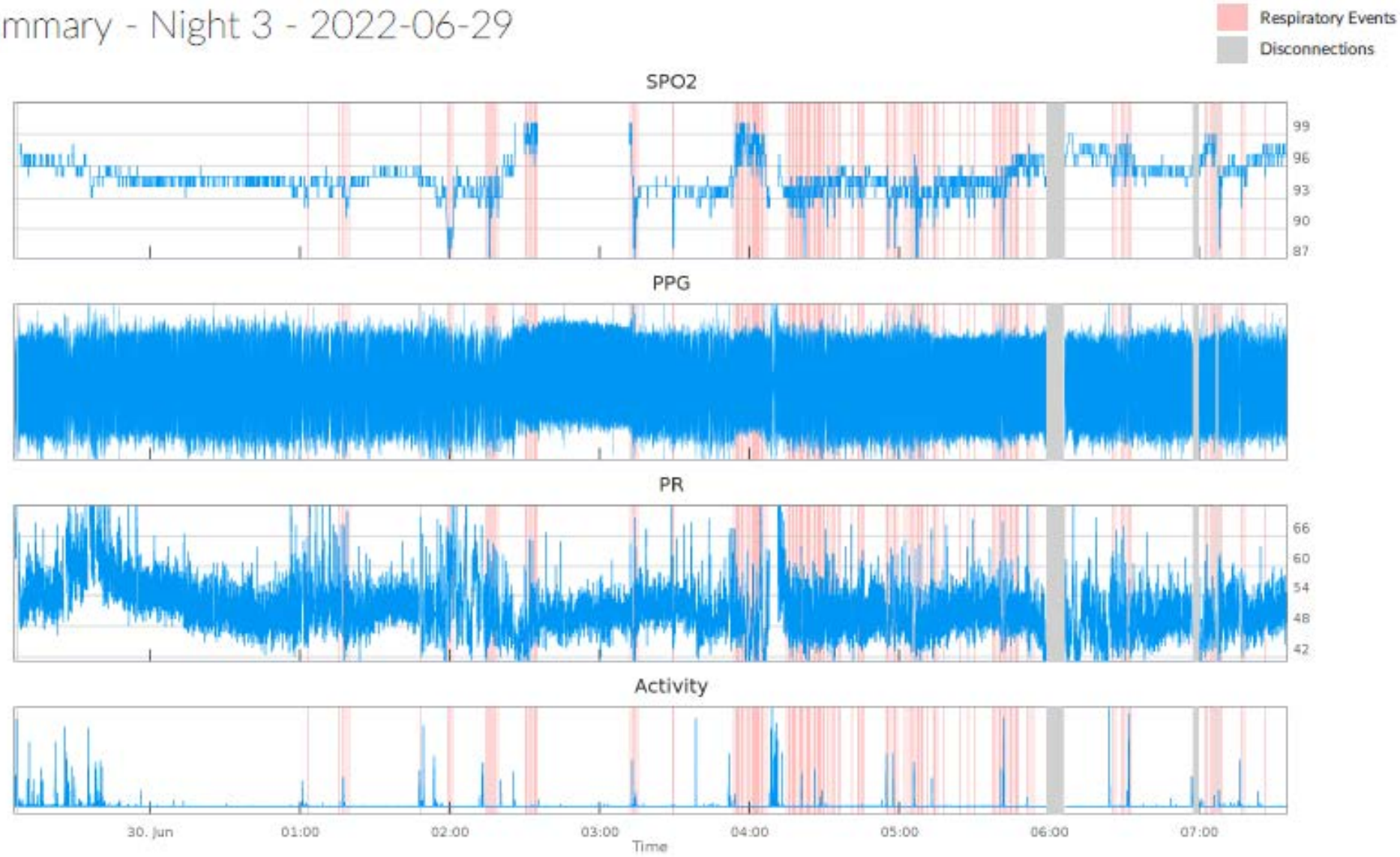
Summary - Night 3 - 2022-06-29



TST = 06:40 **ODI** = 13 /h **AHI** = 20 /h

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Survey response - Sleep diary/soft note - v1

How long did it take you to fall asleep once you started the recording?

40

How many times and at what times did you wake up during the night?

2

Were there any factors affecting your sleep last night?

No

How representative was last night of your normal sleep pattern?

Highly

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Glossary

- Activity: The activity signal displays motion picked up by the accelerometer sensor.
- AHI: The Apnea-Hypopnea Index is the average number of breathing pauses per hour of sleep.
- HR (PR): Heart Rate, also referred to as Pule Rate, is your heartbeats per minute.
- ODI: The Oxygen desaturation index is the average number of drops in your blood oxygen levels of at least 3% (ODI3%) or 4% (ODI4%) per hour of sleep. Each drop is associated with a breathing pause.
- OSA: Obstructive Sleep Apnea. The severity of OSA is typically indicated by the Apnea Hypopnea Index (AHI) and expressed as none (<5), mild (5-15), moderate (16-30), or severe (>30).
- PPG: The photoplethysmogram is an optically obtained measurement of blood volume changes.
- SE: Sleep Efficiency is the total recording time, meaning the time the device was turned on, divided by the time you were asleep.
- SpO2: The estimated blood oxygen level.
- TST: Total Sleep Time is the time you were asleep.
- T90: This parameter provides the total time your blood oxygen level was less than 90%.

About NightOwl

Principle of operation

NightOwl is a home sleep test based on peripheral arterial tonometry (PAT).

It evaluates changes in vasoconstriction alongside changes in pulse rate and blood oxygen levels.

Its principle of operation is considered to be technically adequate by the American Academy of Sleep Medicine (AASM)

Accuracy

NightOwl was validated for clinical accuracy against the gold-standard in-lab polysomnography (PSG).

[1] Massie et al., 2018, Journal of Clinical Sleep Medicine

[2] ClinicalTrials.gov Register

Regulatory clearances

NightOwl is an FDA-cleared medical device for aiding in the diagnosis of obstructive sleep apnea under K191031 and with the intended use as provided below:

Intended Use

The NightOwl is a wearable device intended for use in the recording, analysis, displaying, exporting, and storage of biophysical parameters to aid in the evaluation of sleep-related breathing disorders of adult patients suspected of sleep apnea. The device is intended for the clinical and home setting use under the direction of a Healthcare Professional (HCP).

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Thank You