

# WESTERN SLEEP CENTER

1218 W. Olive Avenue, Burbank, CA 91506

Tel: (818) 845-2255 Fax: (818) 845-2828

## Patient Demographics

Patient Name:	RIGLIETTI, ROBERT	DOB:	7/30/1995
Study Date:	9/23/2021	Height:	71.0 in.
Gender:	M	Weight:	160.0 lbs.
Referring Doctor:	Paresh N. Varu, M.D.	BMI:	22.3 lb/in <sup>2</sup>

## Testing Type & Methods

### Type of Test:

Portable Polysomnography home sleep testing device.

### Method:

The study was performed using the Alice<sup>®</sup> Night One system. The channels recorded were: Airflow and snoring were acquired with a nasal pressure cannula. Oxygen saturation (SpO<sub>2</sub>) was monitored using a pulse oximeter. Thoracoabdominal movements were recorded by respiratory inductive plethysmography. The patient's body position was monitored. The tracing was scored using 30 second epochs.

A **Central Apnea** was defined as a cessation of oral and nasal airflow with simultaneous cessations of respiratory movements for at least 10 seconds.

An **Obstructive Apnea** was defined as a cessation of airflow for at least 10 seconds in the presence of continuous respiratory movements.

**Hypopneas** were scored per AASM definition VII4.B (3% desaturation).

## Sleep Data

The study began at 12:20:51 AM. The patient was monitored for a total of 460.3 minutes. Sleep onset presumed to start at 12:22:51 AM. The study ended at 8:01:09 AM.

## Respiratory Data

A total of 29 events were observed during the analysis period as follows, 6 obstructive apneas (0.8/hr), 0 central apneas (0.0/hr), 1 mixed apneas (0.1/hr), and 22 hypopneas (2.9/hr) for a total apnea/hypopnea index (AHI) of 3.8 /hour of sleep. The supine AHI was 4.1/hr.

26 desaturations occurred during the study. Desaturations were based on 3% or greater drop from baseline. The lowest SaO<sub>2</sub> was 90% with an average of 95%. 0.0 minutes were spent below 90% saturation.

## Cardiac Data

The average pulse rate during sleep was 61.4 bpm. The highest pulse rate during sleep was 89 bpm.

**Impressions**

1. This overnight diagnostic portable sleep test demonstrates positional snoring and **no evidence of OSA**. Lowest SpO2 is 90%.

**Recommendations:**

1. Consider other causes for subjective daytime fatigue and sleepiness, such as sleep deprivation, depression, hypothyroidism, upper airway resistance syndrome, chronic fatigue syndrome or medication effects. A 2 weeks sleep log will be of help to assess the quantity of sleep the patient is getting per 24 hours.

3. Therapies aimed at reducing upper airway resistance during sleep may be of benefit, including sleep in a non-supine position. In addition, the avoidance of chemical agents that promote upper airway collapsibility such as alcohol, muscle relaxants, and certain sedatives may be beneficial.

4. Persons with excessive daytime sleepiness may be at an increased risk for motor vehicle and occupation-related accidents. This should be explained to the patient and treatment of underlying sleep disorder should be addressed.

**General Recommendations:**

1. Avoid bedtime alcohol and sedatives.
2. Avoid operating heavy equipment.
3. Avoid driving while feeling drowsy.

Signed Electronically,

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**Fawaz Faisal, M.D.**

Diplomate, American Board of Sleep Medicine

Diplomate, American Board of Neurology

Diplomate, American Board of Clinical Neurophysiology

Assistant Clinical Professor, UCLA.

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			<b>Study Date:</b> 9/23/2021	
<b>Patient Name:</b>	RIGLIETTI, ROBERT	<b>Recording Device:</b>	Alice NightOne	
<b>Sex:</b>	M	<b>Height:</b>	71.0 in.	
<b>D.O.B.:</b>	7/30/1995	<b>Weight:</b>	160.0 lbs.	
<b>Age:</b>	26 years	<b>B.M.I.:</b>	22.3 lb/in <sup>2</sup>	

Times and Durations			
<b>Lights off clock time:</b>	12:20:51 AM	<b>Total Recording Time (TRT):</b>	460.3 minutes
<b>Lights on clock time:</b>	8:01:09 AM	<b>Time In Bed (TIB):</b>	460.3 minutes

Summary							
<b>AHI</b>	<b>3.8</b>	<b>OAI</b>	<b>0.8</b>	<b>CAI</b>	<b>0.0</b>	<b>Lowest Desat</b>	<b>90</b>

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.

RESPIRATORY EVENTS									
	Index (#/hour)	Total # of Events	Mean duration (sec)	Max duration (sec)	# of Events by Position				
					Supine	Prone	Left	Right	Up
Central Apneas	0.0	0	0.0	0.0	0		0	0	
Obstructive Apneas	0.8	6	16.8	24.5	5		0	1	
Mixed Apneas	0.1	1	12.5	12.5	1		0	0	
Hypopneas	2.9	22	31.7	54.5	13		1	8	
Apneas + Hypopneas	3.8	29	27.9	54.5	19		1	9	
<b>Total</b>	<b>3.8</b>	<b>29</b>	<b>27.9</b>	<b>54.5</b>	<b>19</b>		<b>1</b>	<b>9</b>	
<b>Time in Position</b>					<b>277.3</b>		<b>56.8</b>	<b>123.9</b>	
<b>AHI in Position</b>					<b>4.1</b>		<b>1.1</b>	<b>4.4</b>	

Oximetry Summary		
	<b>Dur. (min)</b>	<b>% TIB</b>
<90 %	0.0	0.0
<85 %	0.0	0.0
<80 %	0.0	0.0
<70 %	0.0	0.0
Total Dur (min) < 89		0.0 min
<b>Average (%)</b>		<b>95</b>
Total # of Desats		26
Desat Index (#/hour)		3.4
Desat Max (%)		6
Desat Max dur (sec)		38.0
<b>Lowest SpO2 % during sleep</b>		<b>90</b>
Duration of Min SpO2 (sec)		7

Heart Rate Stats	
Mean HR during sleep	61.4 (BPM)
Highest HR during sleep	89 (BPM)

Snoring Summary	
Total Snoring Episodes	4
Total Duration with Snoring	16.5 minutes
Mean Duration of Snoring	247.6 seconds
Percentage of Snoring	3.6 %

**Patient Name:** RIGLIETTI, ROBERT

**Study Type:** HST

**Study Date:** 9/23/2021

**RESPIRATORY DATA**

	CA	OA	MA	Apnea	Hypop*	A + H	RERA	Total
<b>Number:</b>	0	6	1	7	22	29	0	29
<b>Mean Dur (sec):</b>	0.0	16.8	12.5	16.1	31.7	27.9	0.0	27.9
<b>Max Dur (sec):</b>	0.0	24.5	12.5	24.5	54.5	54.5	0.0	54.5
<b>Total Dur (min) :</b>	0.0	1.7	0.2	1.9	11.6	13.5	0.0	13.5
<b>% of TST:</b>	0.0	0.4	0.0	0.4	2.5	2.9	0.0	2.9
<b>Index (#/h TST) :</b>	0.0	0.8	0.1	0.9	2.9	3.8	0.0	3.8
<b>REM Count:</b>								
<b>NREM Count:</b>	0	6	1	7	22	29	0	29
<b>REM Index:</b>								
<b>NREM Index:</b>	0.0	0.8	0.1	0.9	2.9	3.8	0.0	3.8

\*Above Index Values Based on Total Sleep Time ■ Hypopneas were scored per AASM definition VIII4.B (3% desaturation).

**CHEYNE STOKES BREATHING**

None

**RESPIRATORY EVENTS (BY BODY POSITION)**

	Duration (min)	Sleep (%)	REM (%)	NREM (%)	CA (#)	OA (#)	MA (#)	HYP (#)	AHI (#/h)	RERA (#)	RDI (#/h)	Desat (#)
<b>Supine</b>	277.3	100.0	0.0	100.0	0	5	1	13	4.1	0	4.1	16
<b>Left:</b>	56.8	100.0	0.0	100.0	0	0	0	1	1.1	0	1.1	1
<b>Right:</b>	123.9	100.0	0.0	100.0	0	1	0	8	4.4	0	4.4	9

**SNORING SUMMARY**

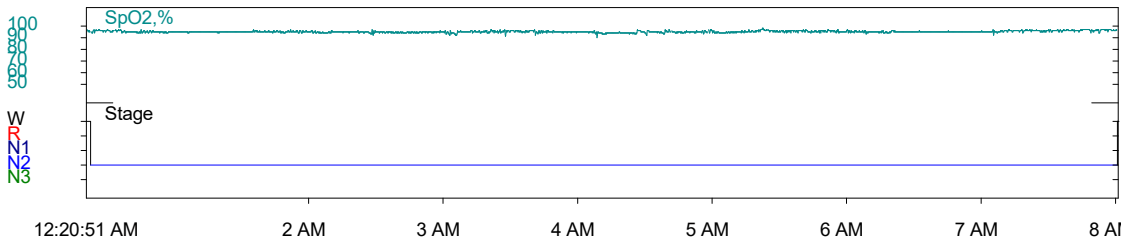
**Snoring Episodes:** 4

**Total Time with Snoring:** 16.5 min (3.6% of sleep)

**OXYGEN SATURATION**

	WAKE		NREM		REM		TIB	
# of Rel Desats	0		26		0		26	
Mean SpO2%:	96		95				95	
Minimum SpO2%:	-		-		-		90	
<=89% (min):	0.0		0.0		0.0		0.0	
	WAKE		NREM		REM		TIB	
	Time		Time		Time		Time	
	Min	%	Min	%	Min	%	Min	%
<=89%:	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<95%:	0.0	0.0	74.8	16.3	0.0	0.0	74.8	16.3
<90%:	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<85%:	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<80%:	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<75%:	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<70%:	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<60%:	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
< 50%:	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Artifact / Bad Data:	0.8	-	2.2	-	0.0	-	3.0	-

**OXYGEN SATURATION DISTRIBUTION**



**CARDIAC SUMMARY**

**Average Heart Rate During Sleep:** 61.4 bpm  
**Highest Heart Rate During Sleep:** 89 bpm

All Night Hypnogram

