



Home Sleep Test Interpretation

- Home Sleep Test Level III was utilized. Measurements obtained are A) Airflow obtained by nasal pressure transducer, B) Oxygen saturation and pulse measured by pulse oximeter, C) Respiratory Effort with Chest Belt

Patient: John Doe

Date of Study: 4/17/2010

Indications for study: Excessive Daytime sleepiness

BMI: 43

Respiratory Events:

Total Respiratory Disturbance Index: 58

Total Obstructive Events 16

Total Hypopnea Events 6

Total Central Events 0

Oximetry:

Oxygen Desaturation Index: 64

Oximetry Less than 88%:

Lowest Desaturation: 67%

Minutes of Oxygen Saturation \leq 88% 153

Heart Rate:

Range: 40-110

Impression/ Diagnosis:

Obstructive Sleep Apnea, severe

Hypoxemia

Obesity

Recommendations:

- Consider Sleep Hygiene Measures
- Consider Behavioral therapy such as weight reduction or smoking cessation as appropriate for this patient
- Consider Advising the patient against the use of alcohol or sedatives in so much as these substances can worsen excessive daytime sleepiness and respiratory disturbances of sleep
- Consider Advising the patient against participating in potentially dangerous activities while drowsy such as operating a motor vehicle, heavy equipment or power tools in so much as it can put them and others in danger
- Consider Advising the patient of the long-term consequences of sleep apnea if left untreated, and the need for treatment and close follow up
- Consider Auto Cpap with pressure range 5-20 cm. H2O, with download or facility based CPAP Titration
- Consider CPAP interface mask fitted for patient comfort, Heated Humidification, PAP compliance monitoring.
- Consider supplemental oxygen
- Consider follow up pulse oximetry on CPAP / Oxygen with High Resolution Pulse Oximetry
- Consider pulmonary function testing

. ***HST cannot diagnose all sleep disturbances, therefore if this test is negative for Sleep Apnea and your clinical evaluation suggests otherwise please refer to facility study.

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23/04/10 16:17 -04:00

I approve the document

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