



University Services

Sleep Diagnostic & Treatment Centers

Chandra Matadeen-Ali, MD
Medical Director

10/31/2008

Fred Somebody, MD
1208 South 2nd Street
Somewhere, PA

PSG REPORT

RE: John Nobody
DOB: 7-2-1961

Dear Dr Somebody,

Your patient, John Nobody, completed a first night polysomnogram at the University Services Sleep Disorders Center in West Chester, PA on 10/20/2008. It was a baseline study.

Respiratory parameters showed an **overall apnea/hypopnea index of 21.04**. REM apnea/hypopnea index was 52.41. Supine apnea/hypopnea index was 0. Mean SAO₂ was 90% with the **lowest recorded oxyhemoglobin saturation at 77%**. Average heart rate was 63 bpm. An EKG tracing showed normal sinus rhythm. Moderate snoring was recorded. Sleep efficiency was 88.69%. Sleep latency was 4 minutes. REM latency was 186.5 minutes. Total sleep time was 376 minutes. Total recording time was 424.5 minutes. Sleep architecture showed decrease in REM sleep. There was an arousal index of 15.14 per hour of sleep. PLM index was 11.63. Video recording of sleep showed no seizures or parasomnias.

INTERPRETATION: This study shows **Moderate Snoring, apneas, hypopneas and desaturations consistent with OSA. Periodic Limb Movements were noted.**

DIAGNOSIS: Moderate OSA and Periodic Limb Movements in Sleep

RECOMMENDATION: John is scheduled to come in for a CPAP titration. We will then assess the effectiveness of nasal CPAP in reducing the apnea, daytime sleepiness and sleep fragmentation after which we will give our final recommendations.

Thank you again for the referral of this patient. If we can be of further assistance, please feel free to contact us.

Sincerely,

Chandra Matadeen-Ali, MD
Medical Director

Enclosure

* All diagnostic codes are from "The International Classification of Sleep Disorders second edition" (ICSD-2) published by the AASM (2005).