

## PERSONAL SLEEP SUMMARY

ID# \_\_\_ - DATE \_\_\_

### SLEEP

The lights were turned off at \_\_\_ PM, and although it took you \_\_\_ minutes to fall asleep, it was \_\_\_ minutes before you slept at least 10 minutes.

You had your first period of "dreaming" or REM sleep \_\_\_ minutes after you fell asleep. There were a total of \_\_\_ REM periods during your night's sleep. You spent a total of \_\_\_ minutes in REM sleep.

You woke up at \_\_\_ AM, giving you a total of \_\_\_ hours and \_\_\_ minutes of sleep. Your "sleep efficiency", or percentage of the time you spent in bed in which you were actually asleep, was \_\_\_ %.

We recorded \_\_\_ leg kicks per hour during your sleep.

### BREATHING (Only one paragraph is used depending on the AHI level)

Your breathing during the night was regular, and there were virtually no pauses in your breathing pattern. (AHI < 2.5)

Like many normal adults, your breathing during the night showed very few pauses. On the average there were \_\_\_ pauses per hour over your entire sleeping time. (AHI 2.5-5)

Like many normal adults, your breathing during the night showed a few pauses. On the average there were \_\_\_ pauses per hour over your entire sleeping time. (AHI 5.0-15.0)

We detected some pauses in your breathing. On the average, there were \_\_\_ pauses per hour over your entire sleeping time. For some people breathing pauses during sleep may cause daytime sleepiness and other problems. If you have concerns about your health you may want to discuss this report with your doctor. (AHI >=15)

Due to your short sleep time it is difficult to interpret your study and these results may not accurately reflect your usual breathing patterns. (short sleep study < 4 hours)

### Multiple Sleep Latency Test-Date \_\_\_ (Only one paragraph: use MSLT result)

Your Multiple Sleep Latency Test or "nap study" was within normal limits. This study is an attempt to measure daytime sleepiness as part of our research. The results of your test indicate that you do not have an unusually high tendency to fall asleep during the day. However, if you do experience daytime sleepiness that interferes with your normal daytime routines, regardless of the test results, please discuss your sleepiness with your doctor. (MSLT < 5)

Your Multiple Sleep Latency Test of "nap study" was abnormal. This study is an attempt to measure daytime sleepiness and an abnormal result mean that, according to your objective measure, you may fall asleep easily during the day. We advise you to talk to your doctor about your sleepiness if you feel it interferes with your normal daytime routines. (MSLT > 5)

\*A copy of this summary has been forwarded to your physician as you requested.