



SLEEP DISORDER CENTER

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POLYSOMNOGRAM INTERPRETATION REPORT

Patient Name: ณัฏมน สกุลเคชไพบูลย์	
Sex: Female	Study Date: 2026-01-22
Date of Birth: 1981-05-03	HN:
Age: 44	Referring Physician: Wish Banhiran, MD
Height: 162.0 cm	Sleep Specialist: Wish Banhiran, MD
Weight: 51.0 kg	Recording Technician: Perapat Pipatkemakorn
BMI: 19.4	Scoring Technician: Perapat Pipatkemakorn

Sleep Architecture: Testing in a diagnostic part has a total time in bed (TIB) of 08:03:00 minutes and the total sleep time (TST) was 07:15:00 minutes which resulted in **sleep efficiency (TST/TIB) of 90.1%**. The sleep latency was 00:17:00 minutes and the **REM latency was 01:12:30 minutes**. There were 35 arousals.

Sleep Staging & Body Position: Sleep stage distribution expressed as a percentage of TST was as follows; Stage N1: 17.2%, Stage N2: 32.5%, Stage N3: 10.0%, and Stage REM: 30.3%.

Respiratory Parameters: There were 3 apneas (3 obstructive apneas, 0 central apneas, 0 mixed apneas), 71 hypopneas and 0 respiratory-effort related arousals (RERAs). In the diagnostic Part, the **apnea-hypopnea index (AHI) was 10.2 events/h. The respiratory disturbance index (RDI) was 10.2 events/h**. The RDI was 5.4 during non-REM sleep stage and 19.7 during REM sleep stage. The RDI was 10.2 in the supine position.

Oximetry: The mean oxygen saturation during the study was 96.1%, with a **minimum oxygen saturation of 89.0%**.

Interpretation: Mild sleep disordered breathing (REM-related type)

(the hypopnea definition was reduction of the nasal airflow at least 30%, duration more than 10 sec., and oxygen desaturation at least 3% based on the recommendation criteria by AASM manual for the scoring of sleep and associated events 2012B)

Recommendation: Treatment should be based on comprehensive multidimensional evaluation.

Wish Banhiran, MD, RPSGT, ABSM
Certified International Sleep Specialist

Diagnostic

Sleep Architecture Analysis	
Stage Light Off:	2026-01-22 22:18:46
Stage Light On:	2026-01-23 06:21:46
Total Record Time (TRT):	08:03:00
Total Sleep Time (TST):	07:15:00
Sleep Efficiency (SE):	90.1%
Sleep Latency (SL):	00:17:00
Sleep Stage N1 Occurs at:	2026-01-22 22:35:46
Number of Sleep Stage Changes:	141
Number of Arousals:	35
Number of REM Fragments:	15
REM Latency:	01:12:30
Stage W (after falling asleep):	00:31:00

Sleep Staging					
Sleep Staging	Stage W	Stage N1	Stage N2	Stage N3	Stage REM
Total Time	00:48:00	01:23:00	02:37:00	00:48:30	02:26:30
Sleep Time Percentage	9.9%	17.2%	32.5%	10.0%	30.3%

Arousal Index		
Parameter	Number of Times	Index (times per hour)
NREM	137	28.5
REM	66	27.0
TST	203	28.0

Respiratory Event				
Parameter	Obstructive	Central	Mixed	Total Apneas
Average Duration (s)	11	0	0	11
Longest Event (s)	13	0	0	13
Number of NREM	0	0	0	0
NREM Index	0.0	0.0	0.0	0.0
Number of REM	3	0	0	3
REM Index	1.2	0.0	0.0	1.2
Number of TST	3	0	0	3
TST Index	0.4	0.0	0.0	0.4

Respiratory Event (Number Of Snore: 442 times Snore Index: 61.0 times per hour)					
Parameter	Total Apneas	Hypopnea	RERA	Cheyne-Stokes respiration	Total
Average Duration (s)	11	22	0	0	22
Longest Event (s)	13	47	0	0	47
Number of NREM	0	26	0	0	26
NREM Index	0.0	5.4	0.0	0.0	5.4
Number of REM	3	45	0	0	48
REM Index	1.2	18.4	0.0	0.0	19.7
Number of TST	3	71	0	0	74
TST Index	0.4	9.8	0.0	0.0	10.2
AHI(times per hour)	10.2		--	--	--
RDI(times per hour)	10.2			--	--

Respiratory Event (relation to body position)								
Respiratory Event	Supination		Prone		Lying on Left Side		Lying on Right Side	
	Number of Times	Index	Number of Times	Index	Number of Times	Index	Number of Times	Index
Total Time	07:15:00		00:00:00		00:00:00		00:00:00	
Obstructive	3	0.4	0	0.0	0	0.0	0	0.0
Central	0	0.0	0	0.0	0	0.0	0	0.0
Mixed	0	0.0	0	0.0	0	0.0	0	0.0
Total Apneas	3	0.4	0	0.0	0	0.0	0	0.0
Hypopnea	71	9.8	0	0.0	0	0.0	0	0.0
RERA	0	0.0	0	0.0	0	0.0	0	0.0
Cheyne-Stokes respiration	0	0.0	0	0.0	0	0.0	0	0.0
Total	74	10.2	0	0.0	0	0.0	0	0.0

Oxygen Desaturation Event (Blood Oxygen Desaturation $\geq$ 3%)		
Parameter	Number of Times	Index
Stage W	10	12.5
NREM	14	2.9
REM	14	5.7
TST	28	3.9
TRT	38	4.7

SpO2					
Oxygen Saturation	W	NREM	REM	TST	TRT
Max SpO2	100.0	100.0	98.0	100.0	100.0
Avg. SpO2	96.3	95.9	96.5	96.1	96.1
Min SpO2	89.0	89.0	90.0	89.0	89.0
Time Percentages of Different SpO2 Levels					
90% — 100%	99.9%	100.0%	100.0%	100.0%	100.0%
80% — 90%	0.1%	0.0%	0.0%	0.0%	0.0%
70% — 80%	0.0%	0.0%	0.0%	0.0%	0.0%
60% — 70%	0.0%	0.0%	0.0%	0.0%	0.0%
50% — 60%	0.0%	0.0%	0.0%	0.0%	0.0%
< 50%	0.0%	0.0%	0.0%	0.0%	0.0%

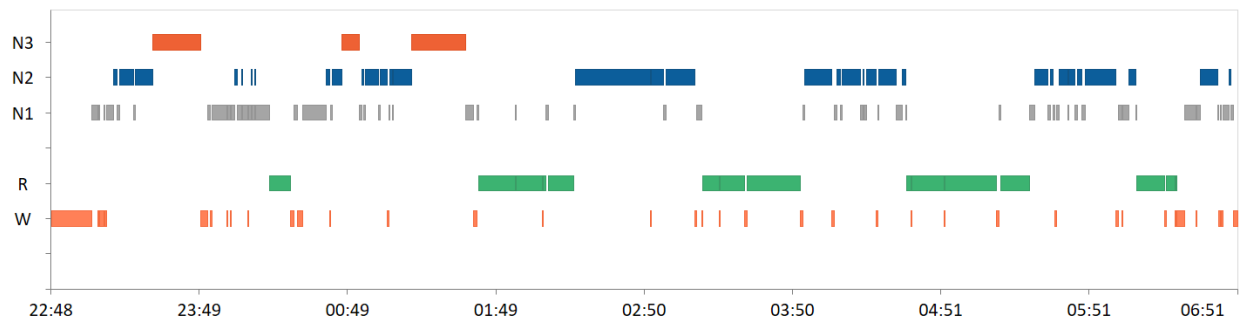
PR					
PR	W	NREM	REM	TST	TRT
Max PR	100	83	92	92	100
Avg. PR	72	68	68	68	68
Min PR	41	56	55	55	41

ECG Event					
Parameter	Bradycardia	Tachycardia	Cardiac Arrest	Narrow Complex Wave	Wide Complex Wave
Number of Times	0	0	0	0	0
Shortest Event (s)	0	0	0	0	0
Longest Event (s)	0	0	0	0	0
Total Time	--	--	--	--	--

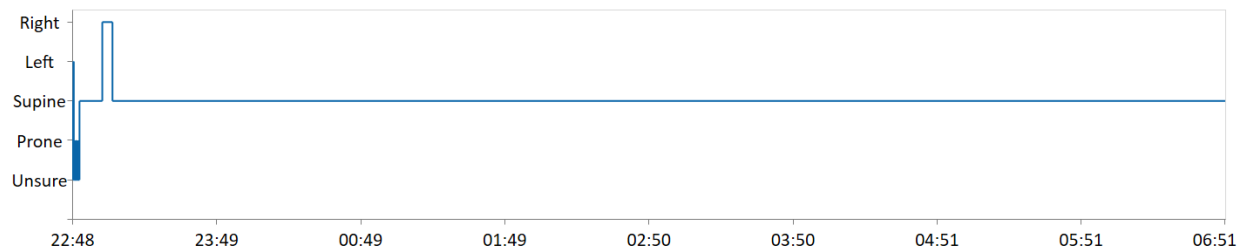
Blood Pressure			
Parameter	Max.	Min.	Average
Systolic Blood Pressure	-- / --	-- / --	--
Diastolic Blood Pressure	-- / --	-- / --	--

Limb Movement			
Parameter	LM	RM	PLM
Number of Stage W	0	0	0
Stage W Index	0.0	0.0	0.0
Number of NREM	0	0	0
NREM Index	0.0	0.0	0.0
Number of REM	0	0	0
REM Index	0.0	0.0	0.0
Number of TST	0	0	0
TST Index	0.0	0.0	0.0
Number of TRT	0	0	0
TRT Index	0.0	0.0	0.0

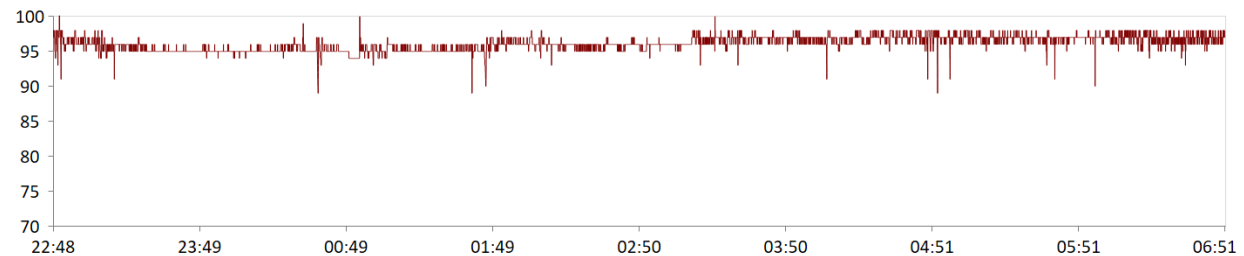
Sleep Stage



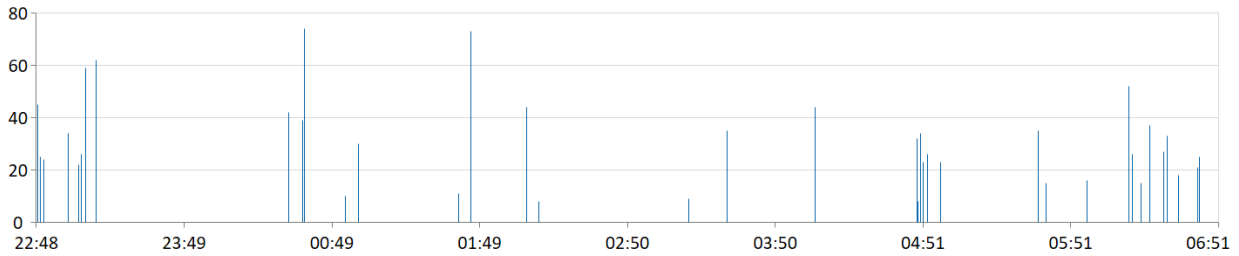
Position



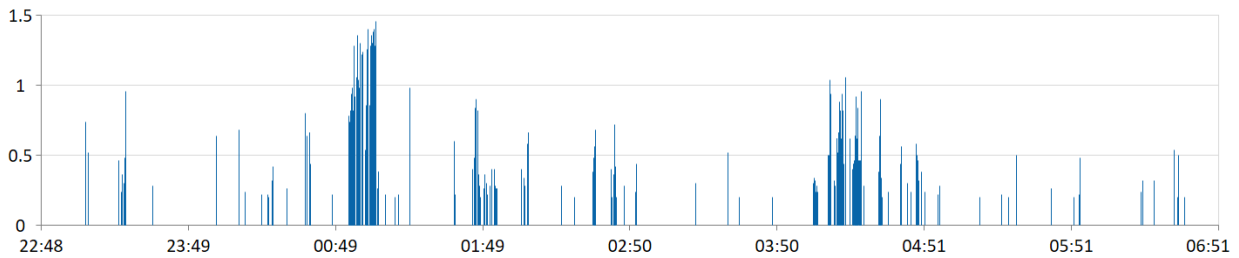
SpO2(%)



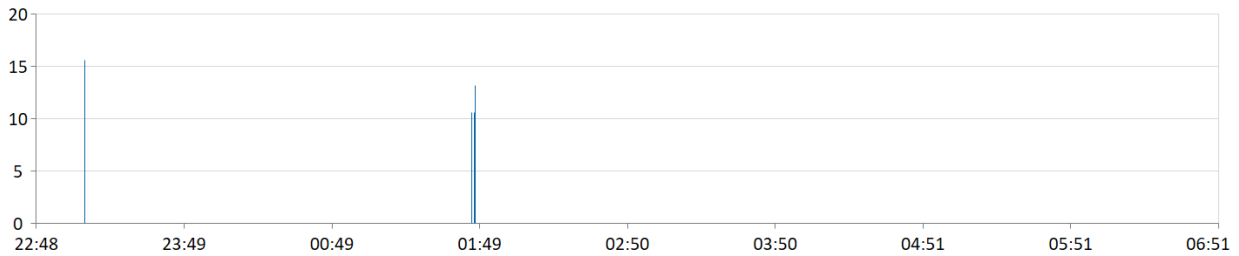
Oxygen Desaturation Event(S)



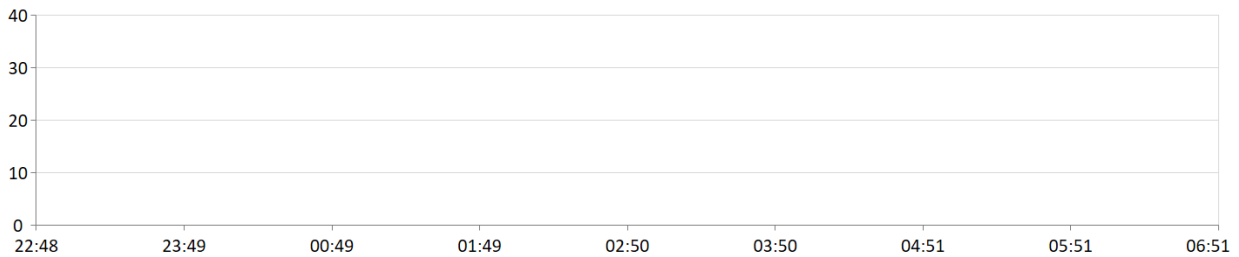
Snore(S)



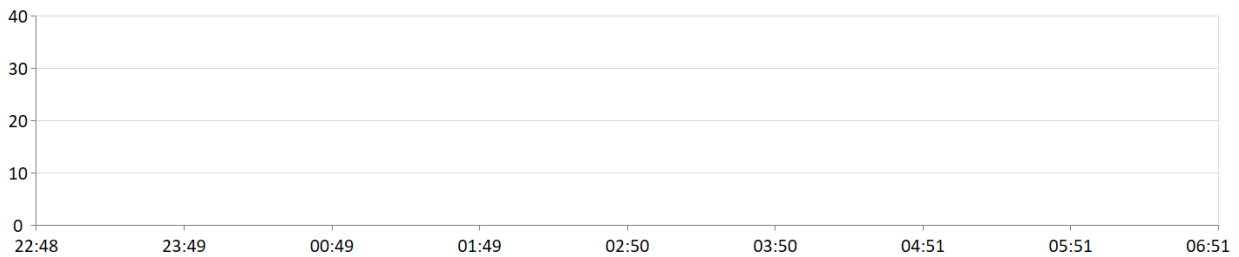
OSA(S)



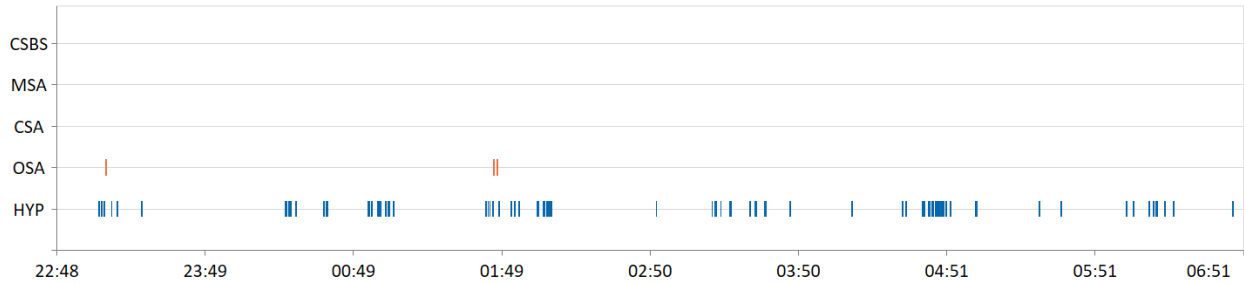
CSA(S)



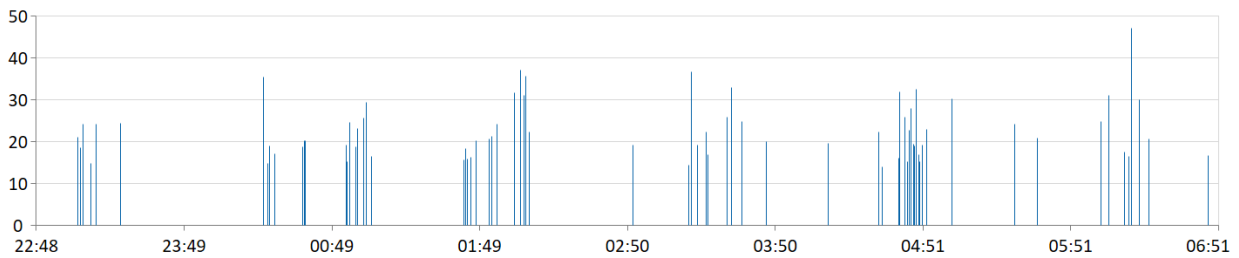
MSA(S)



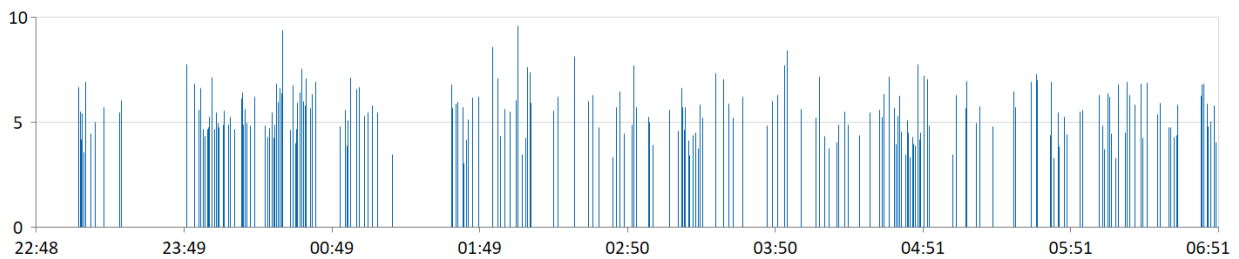
Respiratory Event(S)



HYP(S)



Arousal(S)



Left Leg Movement(S)

