

Study Date: 6/3/2012

PORTABLE SLEEP MONITORING REPORT

PATIENT INFORMATION:

This patient was referred for a type 3 portable sleep study. The study was conducted using the Nox T3 home sleep testing device. The test was conducted to investigate the possibility of sleep disordered breathing.

The study included the following channels: EKG, Nasal-Oro pressure, snoring, thoracic and abdominal RIP effort belts, actigraphy, oximetry, heart rate and body position.

IMPRESSION:

There were snoring, apneas and hypopneas associated with arterial oxygen desaturations. The **overall apnea/hypopnea index (AHI) was 28.5**. The supine apnea/hypopnea index was 69.6. The mean arterial oxygen saturation was 91.5%. The **lowest arterial oxygen saturation was 84%**.

The Bruxism Episodes index was 13.2/hr. The Bruxism Burst Index was 19.2/hr. The Apnea to Bruxism Index was 5.6/hr.

Findings are consistent with **moderate obstructive sleep apnea, which becomes severe in the supine position(327.23)**.

Sleep Related Bruxism.

RECOMMENDATIONS:

1. Proper sleep hygiene should be reviewed.
2. Consider behavioral therapy such as weight reduction appropriate for this patient.
3. Consider advising patient against the use of alcohol or sedatives as these substances can worsen excessive daytime sleepiness and respiratory disturbances of sleep.
4. Consider advising patient against participating in potentially dangerous activities while drowsy such as operating a motor vehicle, heavy equipment or power tools.
5. Consider advising patient of the long term consequences of OSA if left untreated, need for treatment & close follow up.
6. This patient has moderate OSA & Sleep Related Bruxism. The patient may benefit from the use of a nocturnal mandibular repositioning appliance. If that line of therapy is to be pursued, the patient should be evaluated by a dentist trained in the treatment of sleep related breathing disorders.
7. Alternative therapies for Moderate OSA includes:
 - a. An ENT consultation which may be useful to look for specific causes of obstruction and possible treatment options.
 - b. Consider treatment with nasal continuous positive airway pressure (CPAP). If the patient chooses CPAP therapy, a nocturnal PSG with CPAP titration is recommended. As an alternative, an Auto PAP with pressure range 5-20 cmH2O with download is an option. Consider PAP interface (mask) fitted for patient comfort, heated humidification & PAP compliance monitoring (1month, 3 months & 12 months after PAP initiation).
8. Positional therapy: Patient should avoid sleeping in the supine position.

DISEASE MANAGEMENT CONSIDERATIONS:

Perioperative complications are more likely during surgery or recovery as a result of general anesthesia, sedatives and/or narcotic pain relief medication in a patient with significant untreated OSA. **Routine follow-up efficacy testing should be performed when non-CPAP therapies are prescribed** since weight gain, age, alcohol consumption, and/or time spent sleeping supine can increase OSA severity.

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

Sincerely,

Diplomate ABIM-Sleep Medicine

6/5/2012



Bruxism Report

▸ Patient Information

Full Name	Brux Patient	Date of Birth	
Patient ID		Height	73 in
Address		Weight	230 lb
ZIP/Postal Code		BMI	30.3
City		Age	
Phone/Mobile			

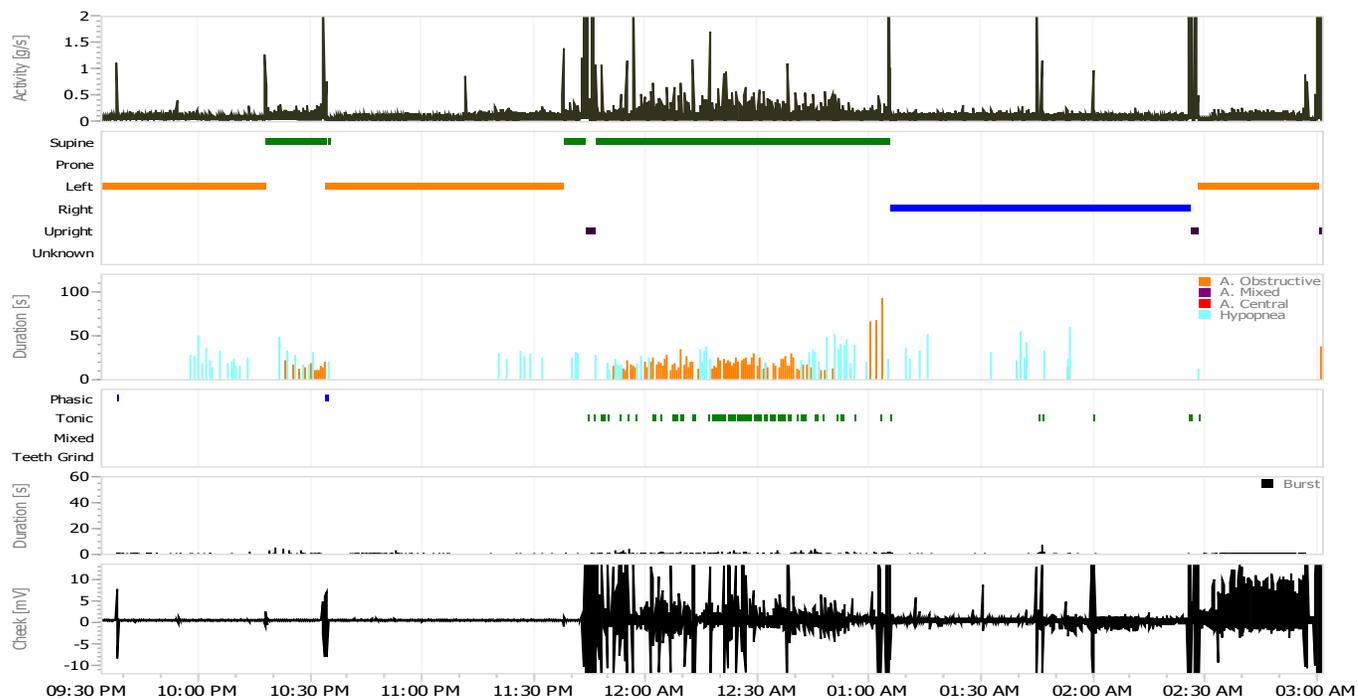
▸ Recording Information

Recording Date	6/3/2012	Bed Time Starts	9:33 PM
Recording Time	9:10 PM	Bed Time Ends	3:00 AM
Recording Duration	15h 6m 9s	Time in Bed	5h 22m (322.5m)

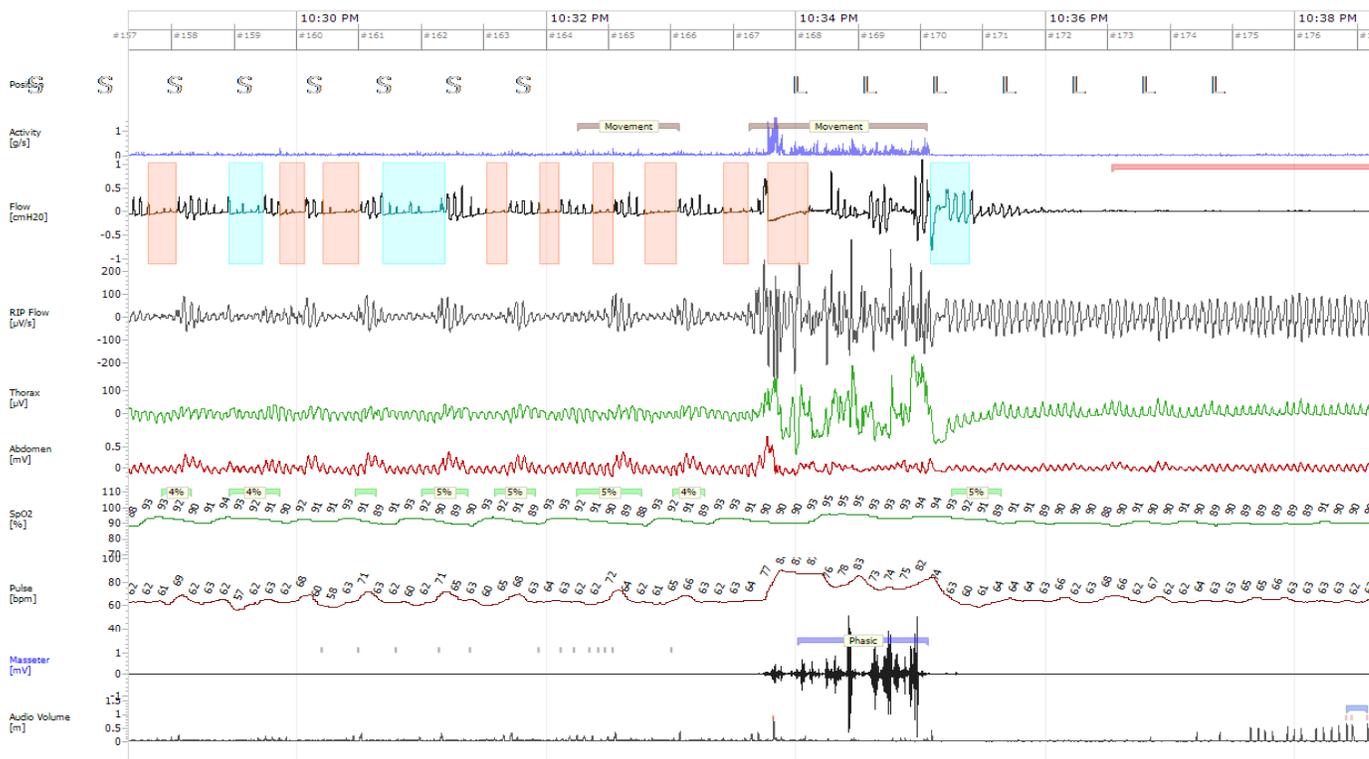
▸ Bruxism Overview

Bruxism Episodes Index:	13.2 /h	Apnea to Bruxism Index:	5.6 /h
Bruxism Bursts Index:	19.2 /h		

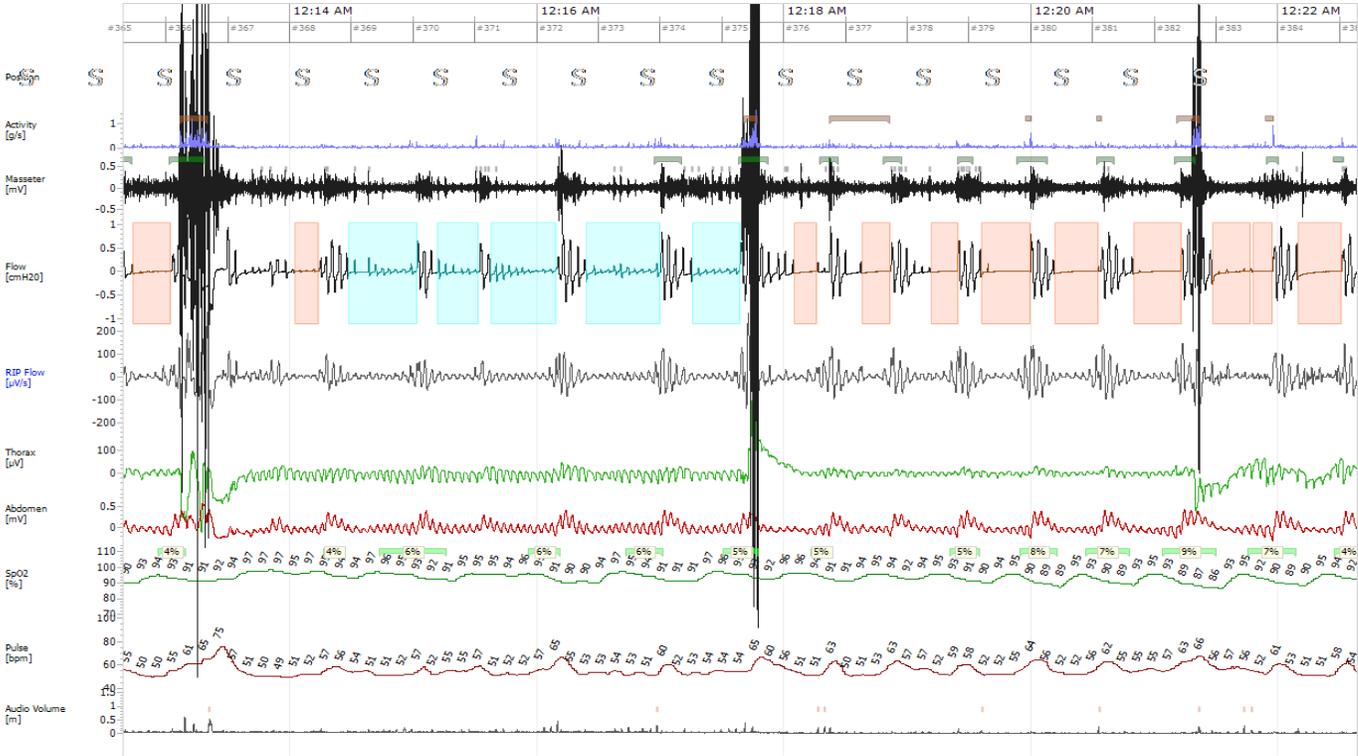
	Count	Index #/h	Shortest (s)	Longest (s)	Average (s)
Bruxism Episodes:	72	13.4	5.4	63.5	13.0
Phasic Episodes:	2	0.4	13.6	63.5	38.5
Tonic Episodes:	70	13.0	5.4	44.8	12.2
Mixed Episodes:	0	0.0	0	0	0
w. Tooth Grind	0	0.0	0	0	0
Bruxism Bursts:	104	19.4			
All Bursts:	876	163.			



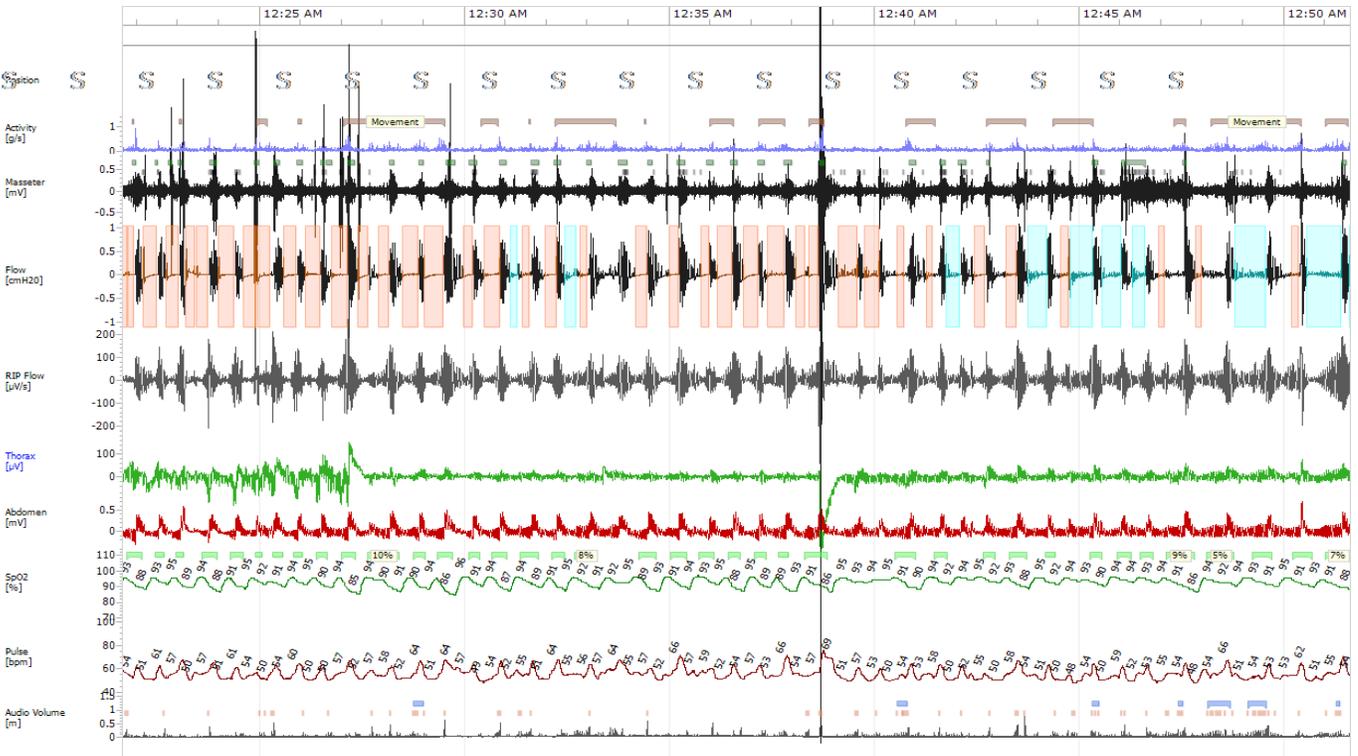
BRUX ENDS OSA RUN

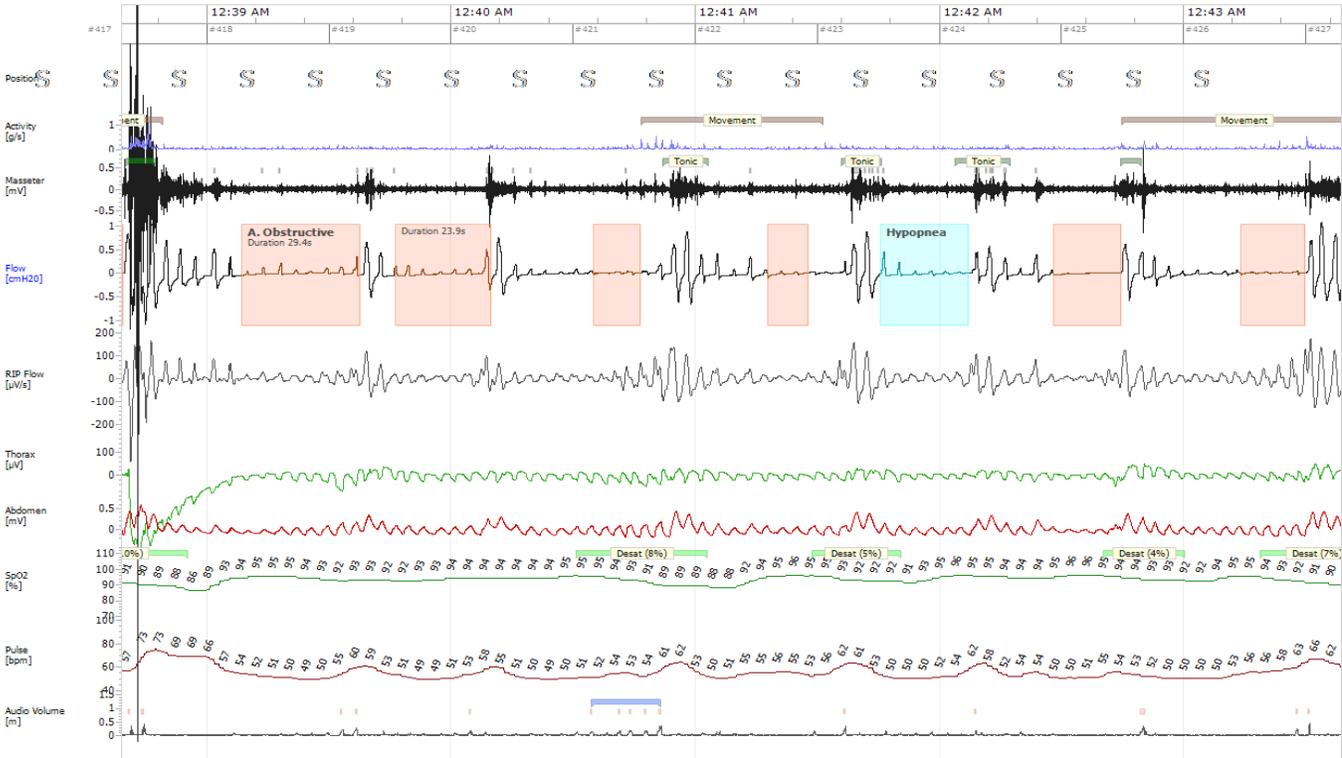


BRUX AND OSA

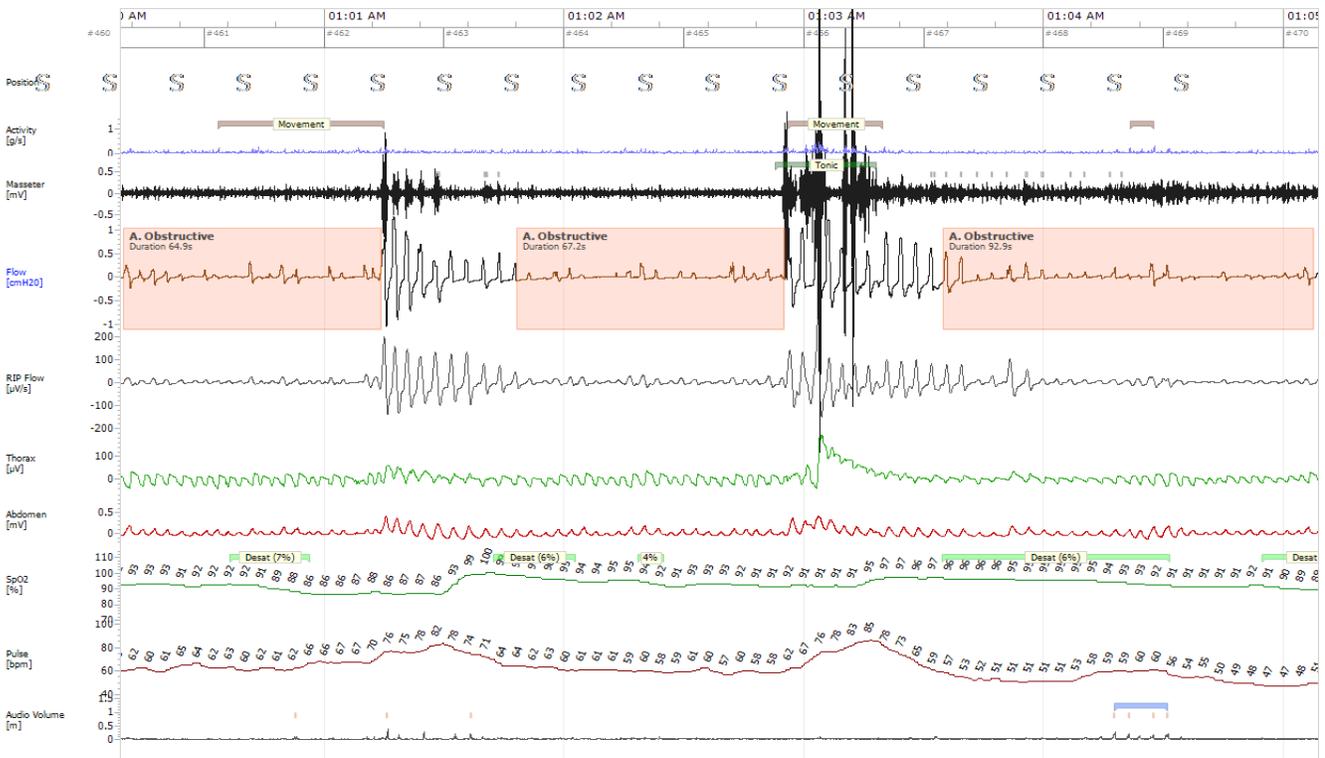


BRUX KEEPING PACE WITH SEVERE OSA

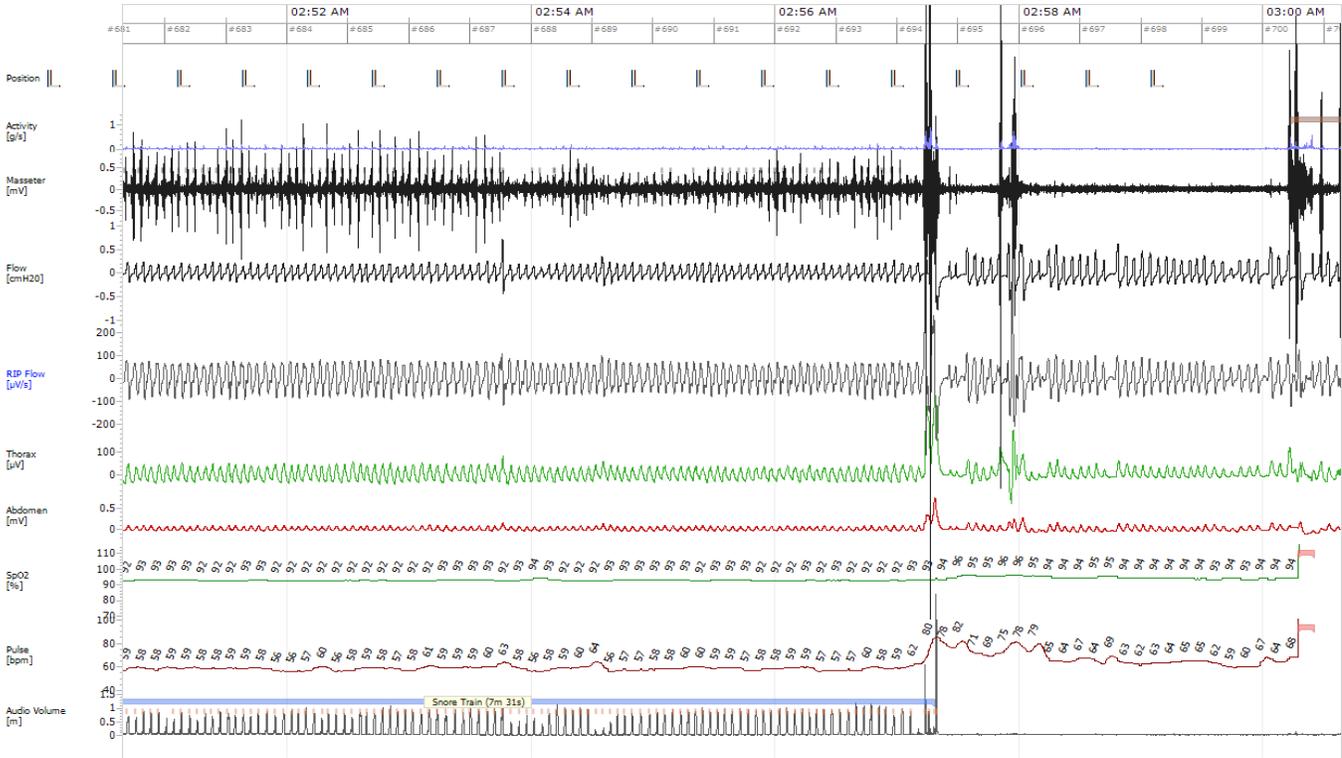




BRUX ENDS LONG OBSTRUCTIVE APNEAS



2:55 AM - Brux ends snoring



FOR A COMPLETE EXPLANATION ON HOW OUR TECHNOLOGY CAN WORK IN YOUR PRACTICE WE CAN BE REACHED AT 1.951.496.6126

