

**UCSF SLEEP DISORDERS CENTER**  
2330 Post Street, Suite 420  
San Francisco, CA 94115-1669  
415-885-7886

Patient Name: GAUDET, STEPHEN  
Medical Record #: 46236505

Polysomnographer: CLAMAN  
Date of Study: 08.17.09

**HOME SCREENING SLEEP STUDY REPORT**

**INDICATIONS:**

Evaluation of suspected obstructive sleep apnea in a patient with snoring and possible apnea. This overnight portable respiratory monitoring was performed entirely for diagnostic purposes, and there was no therapeutic intervention. Parameters monitored included heart rate, airflow, respiratory effort, oximetry, and snoring.

**RESPIRATION:**

Severe snoring was noted. The patient had rare obstructive apneas and hypopneas, which were associated with oxygen desaturation to approximately 92%. The apnea-hypopnea index (AHI) = 1.0, which is normal.

**INTERPRETATION:**

- 1) No evidence of significant Obstructive Sleep Apnea (ICSD 780.53-0). The apnea-hypopnea index is normal.

**RECOMMENDATIONS:**

- 1) Treatment alternatives for snoring include weight loss, avoidance of alcohol, sleeping in the lateral position, dental appliances and surgery, if applicable.
- 2) Follow-up will be with Dr. Erin Gordon in Chest Clinic and also Dr. Moreno-John.



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Medical Director  
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# UCSF SLEEP DISORDERS CENTER

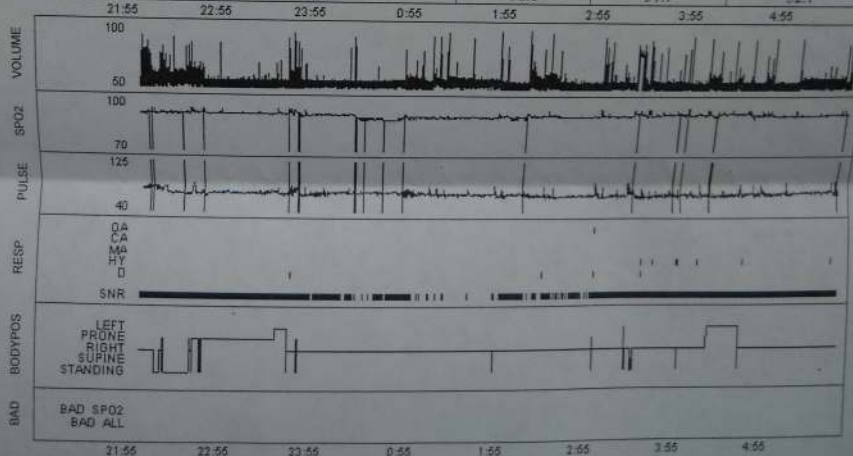
## Portable Screening Report

Patient Name: GAUDET, STEVEN		Patient ID: 12341234	
Date of Birth: 09/12/1954		Chart Code: 0987654321	
Weight: 146.0 lbs	Height: 5' 5" (165 cm)	Study Date: 08/17/09	Age: 54
BMI: 24.3	Waist-Hip Ratio: 0.00	Sex: Male	Referring Physician: GORDON
Comments:			

Respiratory and Snoring Events			Cardiac		Oximetry	
	Total#	Index	Mean Heart Rate		Mean SpO2	
Central Apneas	0	0.0	65.6		92.8%	
Obstructive Apneas	1	0.1	Highest Heart Rate	127.0	Min SpO2	87.0%
Mixed Apneas	0	0.0	Slowest Heart Rate	45.0	Max SpO2	98.0%
Hypopneas	7	0.9			% Time SpO2 in Range	
AHI	8	1.0			90-100 %	98.4%
Desaturations	4	0.5			80-89 %	1.2%
Snoring	2219	286.7			70-79 %	0.0%
					60-69 %	0.0%
					50-59 %	0.0%
					< 50 %	0.4%

Body Position	Supine	Prone	Left Side	Right Side	Total Non Supine
% Time in Position	0.0%	11.6%	6.2%	76.6%	94.4%
Snoring events	1	346	262	1425	2033
AH events	0	0	0	7	7
AHI	0.0	0.0	0.0	1.2	1.0

Snoring Volume Table dB(A)					
Body Position	Supine	Non-Supine	Right Side	Left Side	Prone
Min	50.0	50.0	50.0	50.0	50.0
Max	53.5	100.1	100.1	93.7	96.3
Mean	51.4	52.6	52.8	51.9	52.1



Total Recording Time: 464.4 minutes

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