

**Louisiana Sleep Diagnostics**  
**410 E. College St.**  
**Lake Charles, Louisiana 70601**  
**337 -474-8527 Fax 337-474-8565**  
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December 23, 2005

Test: PSG

Patient: **Jane Doe**

Date of Study: 12/21/05

Date of Interpretation: 12/22/05

Referring Physician: Laura Trunk, M.D.

Indications: witnessed apnea, heavy snoring, daytime somnolence

Demographics: 46 year-old female, 5'4" tall, weighing 350 pounds

Date of Birth: 06/29/1959

System: Alice 16 channel montage

Technician: Steve Savarese, R.PSG.T. Clinical Director

Interpreting Physician: Laura Trunk, M.D.

Ms. Jane Doe came to Louisiana Sleep Diagnostics for an evaluation. She presented complaints of restless sleep, witnessed apnea, loss of energy, irritability and short temper, anxiety and depression, trouble concentrating, heavy snoring, forgetfulness, mood and behavior changes, decreased sex drive, daytime somnolence, falling asleep in sedentary positions and while standing, night sweats, dry throat, pain, leg swelling, waking feeling partially rested, frequent morning headaches, occasional vivid and/or lifelike dreams or nightmares, cataplexy, hormonal imbalance and she stated that she has smoked for 30 years and that her spouse has been diagnosed with a sleep disorder. She also suffers from rheumatoid arthritis.

Ms. Doe's diagnostic study revealed that she slept for 400.5 minutes out of 426.5 minutes for a sleep efficiency of 93.9%. During this time, she suffered 26 obstructive apneas and 203 hypopneas for a total RDI of 22.0 and a REM RDI of 80.5. Her lowest desaturation was 86%. She had 53 arousals and 12 awakenings throughout the night. No PLMs were noted. Snoring was severe. Sleep staging revealed an increase in Stage I, an increase in Stage II, a severe decrease in Delta sleep and normal REM sleep. Positional data showed a supine RDI of 37.8. No left side or right side sleep was seen.

Axis A: See page 2.

Axis B: Polysomnogram.

Axis C: Other medical diagnoses as per history and physical.

Recommendations: 1. See page 2.



PATIENT NAME: **Jane Doe**      AGE: 46      TEST: PSG

ACQ#: 8206

DATE OF RUN: 12/21/05

PATIENT VALUES

NORMAL RANGES

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SLEEP LATENCY	8.5 min.	20 MINS-35 MINS
REM LATENCY	78.5 min.	90 MINS
SLEEP EFFICIENCY	93.9%	88-96 Percent
STAGE 1	10.5%	5% OF TST
STAGE 2	63.2%	55% OF TST
STAGE DELTA	5.9%	20% OF TST
STAGE REM	20.5%	20% OF TST
TOTAL RDI=	22.0	RDI NORMS
REM RDI=	80.5	0-5 Normal 5-10 Mild 10-20 Moderate 20 or above Severe

**Total Recording Time**

Supine	37.8	364.1 min.
Left Side	N/A	
Right Side	N/A	

VARIABLES MEASURED

SLEEP STAGING BY EOG, EMG AND EEG SURFACE ELECTRODES  
AIRFLOW BY NASAL THERMISTOR  
RESPIRATORY EFFORT BY INDUCTIVE PLETHYSMOGRAPHY  
OXYGEN SATURATION CONTINUOUSLY BY DIGITAL OXIMETRY  
BODY POSITION BY ELECTRONIC SENSOR  
TRACHEAL SOUND PRODUCTION BY TRACHEAL TRANSDUCER