Sleep Report

Sep 7, 2026 | 12:41 AM - 8:26 AM
Telemedora

Sleep Quality

SQI 41	EFFICIENCY 89%
Expected > 55	Expected > 85%

Sleep Opportunity

LATENCY 0h 14m	DURATION 7h 25m
Expected < 30 min	Expected 7-9 hours

Sleep Apnea

$sAHI_{4\%}$ 8.2	$sAHI_{3\%}$ 19.8
Mild	Moderate

Sleep Pathology

FRAGMENTATION 9% ($eLFC_{BB}$)	PERIODICITY 0% ($eLFC_{NB}$)
Expected < 15%	Expected ≤ 2%



Stable 35% • 2h 20m CVHR 58% • $sAHI_{3\%}$ 14 — Expected > 50%

Unstable 42% • 2h 46m CVHR 57% • $sAHI_{3\%}$ 22 — Expected < 30%

REM 23% • 1h 29m CVHR 37% • $sAHI_{3\%}$ 24 — Expected ≃ 20%

Report Start	12:41 AM
Report End	8:26 AM
Time in Bed (TIB)	7 h 45 m
Sleep Onset	12:56 AM
Sleep Conclusion	8:22 AM
Total Sleep Time (TST)	6 h 36 m
WASO	0 h 49 m
Unclassified	0 h 4 m
Wake Transitions	13
SAI	29%

	Min	Max	Mean
sAHI Event Duration (sec)	10	79	16
Heart Rate (BPM)	52	109	78

	Desaturations 3%	4%
$sAHI_{TOTAL}$	19.8	8.2
$sAHI_{OBSTRUCTIVE}$	19.8	8.2
$sAHI_{CENTRAL}$	0.0	0.0
sRDI	25.4	25.4
ODI	17.5	9.8

SpO_2 <90%	0 h 7 m - 2%
SpO_2 <88%	0 h 3 m - 1%
SpO_2 <80%	0 h 0 m - 0%
Min-Max-Mean SpO_2	80% - 99% - 95%
Hypoxic Burden (%min/h)	31.3

Spectrogram:

