

3/16/2015 9:15 AM

Results

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Lab and Collection

SLEEP STUDY REPORT (Order #143264194) on 3/14/2015 - Lab and Collection Information

Result History

SLEEP STUDY REPORT (Order #143264194) on 3/16/2015 - Order Result History Report

Transcription

Type

Sleep Study Note

Signed by Matuschak, George, MD on 03/16/15 at 0915

Document Text

Mercy Hospital St. Louis

St. Louis, Missouri 63141

Sleep Study

DATE OF SERVICE: 03/02/2015

BRIEF HISTORY

The patient is a 37-year-old female seen in consultation, because of excessive daytime sleepiness and fatigue. There is a previous history of obstructive sleep apnea, for which nocturnal CPAP therapy was prescribed. The patient subsequently underwent maxillomandibular advancement surgery in July, 2014. There is a history of Chiari malformation. The neck circumference is 13 inches, the Epworth Sleepiness Scale is 21, the body mass index is 22.45 kg/m², and a soft palate exhibits a Mallampati class III anatomy. The patient presents for evaluation of possible recurrent obstructive sleep apnea.

INTERPRETATION

The patient underwent overnight polysomnography by standard protocol on 03/02/2015. The raw data for this study was reviewed in its entirety.

During this testing, the patient slept for 434.5 minutes for sleep efficiency of 91%. Sleep onset latency was 11.5 minutes. Stage R latency was 58.5 minutes. Analysis of sleep architecture by distribution of sleep stages revealed that the patient spent 13.2% of this time in stage N1 sleep, 67.5% in stage N2 sleep, and 19.2% in stage R sleep, respectively. No stage N3 sleep was achieved. The patient exhibited 5 discrete REM episodes during this testing.

Respiratory monitoring revealed no obstructive, central, or mixed apneas. Two obstructive hypopneas were observed, for an overall apnea-hypopnea index of 0.3. Lowest oxygen saturation was 92%. There was rare to occasional light to moderate snoring during sleep time. There were several additional hypopneas that did not result in 4% desaturation, 6 of the respiratory disturbance index was 2.5.

Cardiovascular analysis revealed heart rates ranging between 57 and 109 beats per minute during sleep. Aside from the aforementioned sinus tachycardia, there were no cardiac arrhythmias during sleep. There was no occurrence of Cheyne-Stokes breathing.

Limb movement analysis revealed no significant limb movements. Arousal summary indicated 53 spontaneous arousals for an index of 7.3.

IMPRESSION

1. There is no evidence for significant obstructive sleep apnea from this testing.
2. There is no evidence for periodic limb movements of sleep from this testing.