



PORTABLE SLEEP MONITORING REPORT

Patient Name: Chu, Andy

Date of Birth: 7/30/1979

Study Date: 2 nights of test were done on 5/12/2017 & 5/13/2017

IMPRESSION:

Findings were consistent with **mild obstructive sleep apnea (G47.33)**.

RECOMMENDATIONS:

1. Findings are consistent with mild OSA. For symptomatic mild obstructive sleep apnea, patient preference and compliance impacts efficacious outcomes. Therapeutic options include:
 - a. 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.
 - b. An ENT consultation which may be useful to look for specific causes of obstruction and possible treatment options.
 - c. 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.
2. Consider advising patient against the use of alcohol or sedatives as these substances can worsen excessive daytime sleepiness and respiratory disturbances of sleep.
3. Consider advising patient against participating in potentially dangerous activities while drowsy such as operating a motor vehicle, heavy equipment or power tools.
4. Consider advising patient of the long term consequences of OSA if left untreated, need for treatment & close follow up.
5. Clinical follow up as deemed necessary.

6. Medical necessity for MAS, code E0486, for the diagnosis of OSA (G47.33), is demonstrated by study results. Please correlate clinically, along with patient preference, to determine if this mode of therapy is best for the patient.

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

Sincerely,



Chandra Matadeen-Ali, MD

Diplomate ABIM-Sleep Medicine

NPI# 1811197619

5/18/2017

ApneaLink - Report of 5/17/2017 12:29 PM

Treating physician

Referral to

Patient data

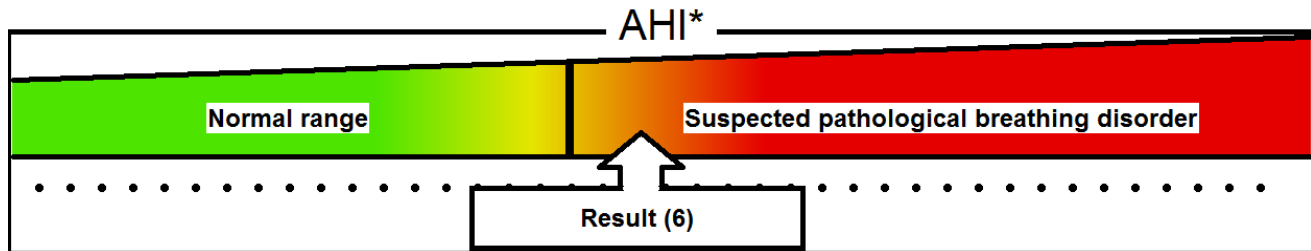
First name:	Andy	Patient ID:	
Last Name:	Chu	DOB:	7/30/1979
Street:		Height:	0 ft 0 in
City, ST, Zip:		Weight:	0.00 lbs
Phone:		BMI:	kg/m ²

Recording

Date: 5/12/2017
 Start: 3:48 AM .
 End: 9:05 AM .
 Duration: 5 h 18 min

Evaluation

Start: 3:58 AM .
 End: 9:03 AM .
 Duration: 4 h 53 min



* See Clinical Guide for abbreviations and ResMed standard parameters

Analysis (Flow evaluation period: 4 h 53 min / SpO₂ evaluation period: 5 h 8 min)

Indices	Normal	Result	
AHI*:	5.9 < 5 / h	Average breaths per minute [bpm]:	12.28
RI*:	9.1 < 5	Breaths:	3601
Apnea index:	2 < 5 / h	Apneas:	10
UAI:	2	Unclassified apneas:	10 (100%)
OAI:	0	Obstructive apneas:	0 (0%)
CAI:	0	Central apneas:	0 (0%)
MAI:	0	Mixed apneas:	0 (0%)
Hypopnea index:	3.9 < 5 / h	Hypopneas:	19
% Flow lim. Br. without Sn (FL):	39 < Approx. 60	Flow lim. Br. without Sn (FL):	1406
% Flow lim. Br. with Sn (FS):	0 < Approx. 40	Flow lim. Br. with Sn (FS):	1
		Snoring events:	53
ODI Oxygen Desaturation Index*:	6.8 < 5 / h	No. of desaturations:	35
Average saturation:	95 94% - 98%	Saturation <= 90% :	1 min (0%)
Lowest desaturation:	88 -	Saturation <= 85% :	0 min (0%)
Lowest saturation:	88 90% - 98%	Saturation <= 80% :	0 min (0%)
Baseline Saturation:	98 %	Saturation <= 89% :	0 min (0%)
Minimum pulse:	57 > 40 bpm	Saturation <= 88% :	0 min (0%)
Maximum pulse:	98 < 90 bpm		
Average pulse:	71 bpm		
Proportion of probable CS epochs:	0 0%		

Analysis status: Analyzed automatically

Analysis parameters used (Default)

Apnea [20%; 10s; 80s; 1.0s; 20%; 60%; 8%]; Hypopnea [70%; 10s; 100s; 1.0s]; Snoring [6.0%; 0.3s; 3.5s; 0.5s]; Desaturation [4.0%]; CSR [0.50]

Comments

ApneaLink - Report of 5/17/2017 12:29 PM

Treating physician

Referral to

Patient data

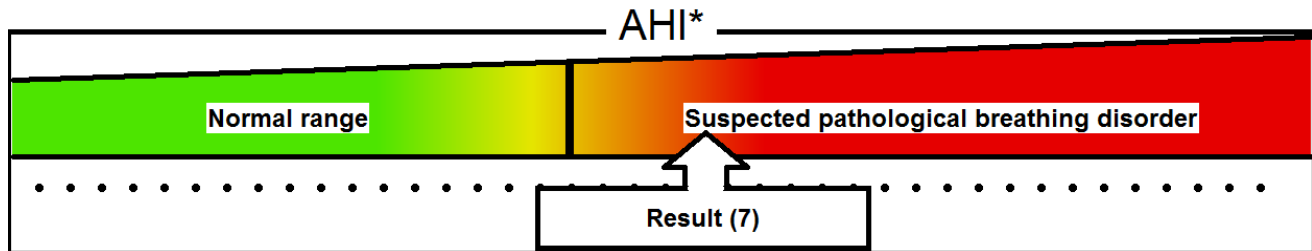
First name:	Andy	Patient ID:	
Last Name:	Chu	DOB:	7/30/1979
Street:		Height:	0 ft 0 in
City, ST, Zip:		Weight:	0.00 lbs
Phone:		BMI:	kg/m ²

Recording

Date: 5/13/2017
 Start: 4:23 AM .
 End: 8:19 AM .
 Duration: 3 h 56 min

Evaluation

Start: 4:33 AM .
 End: 8:17 AM .
 Duration: 3 h 22 min



* See Clinical Guide for abbreviations and ResMed standard parameters

Analysis (Flow evaluation period: 3 h 22 min / SpO₂ evaluation period: 3 h 45 min)

Indices	Normal	Result	
AHI*:	7.1 < 5 / h	Average breaths per minute [bpm]:	12.42
RI*:	11.4 < 5	Breaths:	2503
Apnea index:	0.3 < 5 / h	Apneas:	1
UAI:	0.3	Unclassified apneas:	1 (100%)
OAI:	0	Obstructive apneas:	0 (0%)
CAI:	0	Central apneas:	0 (0%)
MAI:	0	Mixed apneas:	0 (0%)
Hypopnea index:	6.8 < 5 / h	Hypopneas:	23
% Flow lim. Br. without Sn (FL):	53 < Approx. 60	Flow lim. Br. without Sn (FL):	1316
% Flow lim. Br. with Sn (FS):	0 < Approx. 40	Flow lim. Br. with Sn (FS):	0
		Snoring events:	27
ODI Oxygen Desaturation Index*:	7.5 < 5 / h	No. of desaturations:	28
Average saturation:	95 94% - 98%	Saturation <= 90% :	2 min (1%)
Lowest desaturation:	86 -	Saturation <= 85% :	0 min (0%)
Lowest saturation:	86 90% - 98%	Saturation <= 80% :	0 min (0%)
Baseline Saturation:	98 %	Saturation <= 89% :	1 min (0%)
		Saturation <= 88% :	1 min (0%)
Minimum pulse:	53 > 40 bpm		
Maximum pulse:	150 < 90 bpm		
Average pulse:	67 bpm		
Proportion of probable CS epochs:	0 0%		

Analysis status: Analyzed automatically

Analysis parameters used (Default)

Apnea [20%; 10s; 80s; 1.0s; 20%; 60%; 8%]; Hypopnea [70%; 10s; 100s; 1.0s]; Snoring [6.0%; 0.3s; 3.5s; 0.5s]; Desaturation [4.0%]; CSR [0.50]

Comments