

Integrated Sleep Solutions
2012 Hwy 90
Gautier, MS 39553
Phone: 228-522-1771 Fax: 228-522-1772

Polysomnography Sleep Study Report

Patient Name: Mark Miller
Date of Birth: 3-3-60
Height: 5ft. 11 in.

Date of Study: 12-10-09
Type: PSG
Weight: 244 lbs

Referring Physician: Paul Fineburg

Interpreting Physician: Vincent Pisciotto

Interpretation:

This is a 49-year-old 5 ft. 11 in. 244 lb. male. He had an Epworth Sleepiness Score of 5/24 and a neck circumference of 16.5 inches. The patient was in bed for a total of 404 minutes sleeping 362 minutes with a sleep efficiency of 89.6%. His sleep onset was in 52.5 minutes and his REM onset from sleep onset was in 213 minutes. The patient's sleep architecture was abnormal in that he had an increase in N1 and N2 and a decrease in N3 and REM. N1 was 14.5%, N2 was 79.8%, N3 was 0.0%, and REM was 5.7%. The patient had 304 respiratory events throughout the study consisting of 2 central apneas, 92 obstructive apneas, 1 mixed apneas, and 209 hypopneas. This gave him a total AHI (apnea/hypopneas index) of 50.4 (55.6 REM and 50.1 Non-REM). These were worse in the supine position. The patient had severe snoring throughout the study with a snore arousal index of 2.9. There were no significant cardiac arrhythmias noted. There were 4 periodic limb movements of sleep noted giving the patient a PLM index of 0.7 but a PLM arousal index of 0.2. The patient had 13.8 minutes of an O2 saturation less than 90%.

Impression:

1. Severe obstructive sleep apnea
2. Mild periodic limb movements of sleep
3. Normal cardiac data
4. Poor sleep architecture

Recommendation:

1. CPAP titration/trail
2. Consider further ENT evaluation/ assessment of the upper airway for surgical considerations
3. Weight loss/exercise program
4. May consider Rx treatment of periodic limb movements of sleep if not improved with CPAP therapy.

Thank you for the referral,


Vincent Pisciotto, MD

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Polysomnography with CPAP Titration Sleep Study Report

Patient Name: Mark Miller
Date of Birth: 3-3-60
Height: 5 ft. 11 in.

Date of Study: 12-21-09
Type: CPAP
Weight: 244 lbs

Referring Physician: Paul Fineburg

Interpreting Physician: Vincent Pisciotto

Interpretation:

The patient was in bed for a total of 448 minutes sleeping 406 minutes with a sleep efficiency of 90.6%. His sleep onset was in 23 minutes and his REM onset from sleep onset was in 58 minutes. The patient's sleep architecture improved revealing an increase in REM and a decrease in N1, N2 and N3 compared to the first night study. N1 was 5.7%, N2 was 70.7%, N3 was 0.0%, and REM was 23.6%. The patient had 0 respiratory events throughout the study. This gave him a total AHI (apnea/hypopnea index) of 0.0 (0.0 REM and 0.0 Non-REM). There were no significant cardiac arrhythmias noted. There were 5 periodic limb movements of sleep noted giving the patient a PLM index of 0.7 but a PLM arousal index of 0.1. The patient had 0.1 minutes of an O2 saturation less than 90%. The patient's respiratory events were best controlled at a CPAP setting of 11 cmH2O with a Res Med Mirage Quattro full face small mask and heated humidification.

Impression:

1. Severe obstructive sleep apnea improved with a CPAP setting of 11 cmH2O with heated humidification ✓
2. Mild Periodic limb movements of sleep

Recommendation:

1. CPAP setting of 11 cmH2O using a Res Med Mirage Quattro full face small mask with heated humidification. ✓
2. Attempt local care /encouragement for CPAP utilization
3. Possible ENT evaluation/ assessment of the upper airway for surgical considerations
4. Weight loss/exercise program
5. Consider Rx treatment of periodic limb movements of sleep by PCP

Thank you for the referral,



Vincent Pisciotto, MD

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CPAP COMPLIANCE MANAGEMENT FOLLOW UP REPORT

Patient Name: Mark Miller Date: 10-20-10 O2 Sat: 97

Machine: Edm + Pngl CPAP BIPAP Pressure: 11

Mask: Full Face Nasal Pilsos Brand: _____ Size: _____

Humidifier: Yes No Heated: Yes No Setting: 1 2 3 4 5

Any mask leaks: Yes No Explain: _____

Any snoring in mask: Yes No Explain: _____

Any sores or skin irritation from mask: Yes No Explain: _____

Overall comfort level of mask: 1 poor 2 fair 3 average 4 good 5 excellent

Oxygen: Yes No Liter flow: _____ LPM Chinstrap: Yes No

Hours of use each night: 6-8 Hours of sleep each night: 6-8

Total hours on machine: 1536 Initial setup date: 11/26/10

Total Hours last visit: 302 = 1234 / # days 155 = 6.6

Overall quality of sleep: 1 poor 2 fair 3 average 4 good 5 excellent

Patient demonstrates proper mask and headgear application: Yes No

Explain: _____

Comments: can't get (Med)

Technician: PR

Physician: [Signature]