

SLEEP DISORDERS CLINIC
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June 21, 2007

Robert Riley, MD
750 Welch Rd. Suite 317
Palo Alto, CA 94304

RE: Kathy Cooksey
Medical Record Number: 1914409

Dear Dr. Riley:

Thank you for referring Kathy Cooksey to us. Please find enclosed the final report of a complete nocturnal polysomnogram performed for CPAP titration on 06/18/2007.

SLEEP ARCHITECTURE:

The patient had sleep onset at 6.2 minutes after the lights were turned off. REM sleep occurred 72.5 minutes later. The patient's total sleep time was 509.5 minutes. The sleep efficiency index was 93.2.

DISTURBANCES OF SLEEP:

The minimum oxygen saturation during the study was 96.0 percent. No significant snoring was noted. The Respiratory Disturbance Index was 2.1. There were 0 periodic leg movements of sleep associated with arousals. There were no significant cardiac arrhythmias.

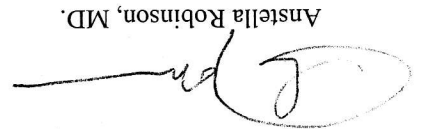
IMPRESSION:

This recording is consistent with obstructive sleep apnea syndrome that improved with CPAP pressure of 9 cm of water.

The patient should use CPAP at the above pressure. The patient should follow-up to evaluate the effectiveness and use of CPAP nasal treatment.

Please contact us directly if you have any questions.

Sincerely,


Anstellla Robinson, MD.

15-1664 (Jan-2000)



STANFORD



SLEEP ANALYSIS TECHNICAL SUMMARY

Name: COOKSEY, KATHY
 Hospital #: 1914409
 Study Date: 06-18-07
 Sex: Female
 D.O.B: 11-17-80
 Age: 26
 Height: 0.0 cm.
 Project: CPAP I/NO PES
 Subject Code: 061807KC3
 Referring Physician:
 Sleep Specialist: RP
 Study Indications: OSA
 Weight: 0.0 kg.
 B.M.I.: 0.0

Sleep Architecture

Time at Lights Off	10:30:58
Time at Lights On	07:37:43
Total Recording Time (TRT)	546.8 min.
Total Sleep Period (TSP)	540.5 min.
Total Sleep Time (TST)	509.5 min.
Sleep Efficiency (SE)	93.2 %
Sleep Onset Latency (SOL)	6.2 min.
Number of Stage 1 Shifts	26
Number of Stage Shifts	84
Number of Awakenings	21
Number of REM Periods	6
REM Latency	72.5 min.
REM Latency minus Awake	72.0 min.

Sleep Stages

STAGES	TIME (min.)	TST (%)	LATENCY FROM SLEEP ONSET (min.)
WASO	31.0	8.4	0.0
STAGE 1	43.0	71.5	9.0
STAGE 2	364.5	1.7	32.5
STAGE 3	8.5	3.6	36.0
STAGE 4	18.5	14.7	72.5
STAGE REM	75.0		



Patient Name: COOKSEY, KATHY Subject Code: 061807KC3 Study Date: 06-18-07

PARAMETER	CENTRAL	OBSTRUCTIVE	MIXED	TOTAL
Number	0	0	0	0
Index	0.0	0.0	0.0	0.0
Mean Duration	N/A	N/A	N/A	N/A
Longest Duration	N/A	N/A	N/A	N/A
Occur in REM	0	0	0	0
Occur in NREM	0	0	0	0
REM Index	0.0	0.0	0.0	0.0
NREM Index	0.0	0.0	0.0	0.0

Apnea Events

PARAMETER	CENTRAL	OBSTRUCTIVE	TOTAL
Number	0	18	18
Index	0.0	2.1	2.1
Mean Duration	N/A	12.9	12.9
Longest Duration	N/A	17.8	17.8
Occur in REM	0	7	7
Occur in NREM	0	11	11
REM Index	0.0	5.6	5.6
NREM Index	0.0	1.5	1.5

Respiratory Events and Body Position

PARAMETER	INDEX	TOTAL
Apneas and Hypopneas	2.1	18
Apneas and Hypopneas and Rera's	2.1	18
Supine Events	0.9	2
Non-Supine Events	2.5	16

Respiratory Events With Arousals

PARAMETER	INDEX	TOTAL
Total Events	2.1	18
NREM	1.5	11
REM	5.6	7

RERA Events

PARAMETER	TOTAL
Number	0
Index	0.0
Mean Duration	N/A
Longest Duration	N/A
Occur in REM	0
Occur in NREM	0
REM Index	0.0
NREM Index	0.0

RERA Events and Body Position

PARAMETER	INDEX	TOTAL
Supine Events	0.0	0
Non-Supine Events	0.0	0

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Patient Name: COOKSEY, KATHY Subject Code: 061807KC3 Study Date: 06-18-07

Oxygen Saturation

PARAMETER	AWAKE	NREM	REM	TST
Mean SaO2 %	98.45	98.07	98.45	98.13
Min SaO2 %	92.00	96.00	96.00	96.00
Max SaO2 %	100.00	100.00	100.00	100.00
Range :				
% Duration of SaO2 In	100.00	100.00	100.00	100.00
90 - 100 %	100.00	100.00	100.00	100.00
80 - 90 %	0.00	0.00	0.00	0.00
70 - 80 %	0.00	0.00	0.00	0.00
60 - 70 %	0.00	0.00	0.00	0.00
50 - 60 %	0.00	0.00	0.00	0.00
Below 50 %	0.00	0.00	0.00	0.00

PLMs and Sleep Stages

STAGES	PLM-AROUSAL INDEX	ALL-PLM INDEX	PLM-AROUSAL TOTAL	ALL-PLM TOTAL
Total Sleep	0.0	0.7	0	6
Stage 1	0.0	0.0	0	0
Stage 2	0.0	1.0	0	6
Stage 3	0.0	0.0	0	0
Stage 4	0.0	0.0	0	0
Stage REM	0.0	0.0	0	0

PLM Events With Arousals

PARAMETER	INDEX	TOTAL
Total Events	0.0	0
NREM	0.0	0
REM	0.0	0

PLM Events W/O Arousals

PARAMETER	INDEX	TOTAL
Total Events	0.7	6
NREM	0.8	6
REM	0.0	0



Patient Name: COOKSEY, KATHY Subject Code: 061807KC3 Study Date: 06-18-07

Pressure Level Analysis

Pressure (cm H2O)	TRT (min)	REM (min)	REM (min)	Non-REM (min)	Obstr. Apnea	Cent. Apnea	Mixed Apnea	Hypo-pneas	Total Events	RDI	SaO2 High	SaO2 Low	SaO2 Mean
6	119.3	13.0	99.9	0	0	0	0	2	2	1.1	100.0	95.0	98.1
7	29.2	0.0	26.2	0	0	0	0	2	2	4.6	100.0	96.0	97.7
8	61.0	21.5	37.0	0	0	0	0	2	2	2.1	100.0	96.0	98.1
9	138.7	13.5	119.7	0	0	0	0	3	3	1.4	100.0	95.0	98.0
10	134.2	20.0	101.7	0	0	0	0	7	7	3.5	100.0	94.0	98.4
11	64.1	7.0	50.1	0	0	0	0	2	2	2.1	100.0	96.0	98.5

Recording Technician's (MB) Comments :

Scoring Technician's (LS) Comments :
 PATIENT IS HERE FOR A TITRATION PSG TO EVALUATE CPAP PRESSURES. PATIENT SLEPT IN ALL POSITIONS AND ALL STAGES OF SLEEP SEEN.



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GRAPHS

