

SomnoTrak

Sleep Pattern Report

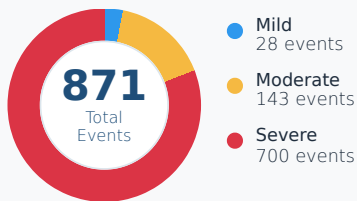
Long-term Sleep Medicine Monitoring

Patient: Test Patient
Report Period: Last 30 Measurements
Therapy: Oral Appliance
Generated: Jul 7, 2026

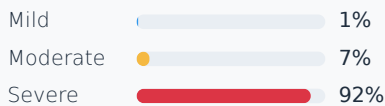
3% ODI Threshold

1. Oxygen Event Profile

By drop magnitude and burden contribution



Contribution to Hypoxic Burden



PATTERN INSIGHT

Severe events are only 80% of event count, but contribute 92% of total hypoxic burden.

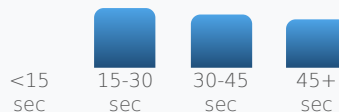
2. Event Duration

Distribution of oxygen event durations

Average Event Duration

41 sec

0% 37% 33% 30%



PATTERN INSIGHT

The most common event duration range is 15-30 seconds.

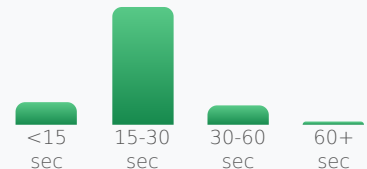
3. Oxygen Recovery Time

Time to return near baseline SpO₂

Average Recovery Time

23 sec

14% 73% 12% 2%



PATTERN INSIGHT

Most oxygen levels recover within 15-30 seconds.

4. Time of Night

When oxygen events occur

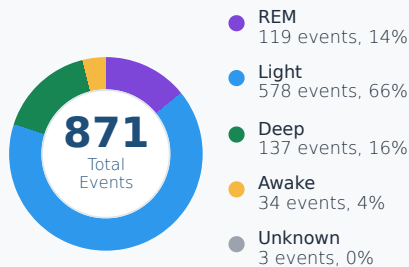


PATTERN INSIGHT

Most oxygen events occur in the Last Third of the night.

5. Sleep Stage Distribution

Events by sleep stage

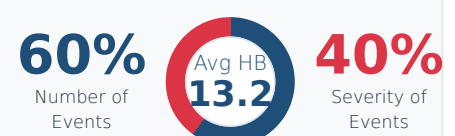


PATTERN INSIGHT

Light sleep contains 66% of detected oxygen events.

6. Burden Composition

What drives hypoxic burden



PATTERN INSIGHT

Oxygen burden reflects a mixed pattern of event frequency and event severity.

7. Pattern Consistency

Average values and their consistency over the last 30 measurements.



Sleep Time

**7h
31m**

★★★★☆
Moderate



ODI (3%)

8.2 /hr

★☆☆☆☆
Highly Variable



Hypoxic Burden

13.2

★☆☆☆☆
Highly Variable



Recovery Time

27 sec

★☆☆☆☆
Inconsistent



Resting HR

**56
bpm**

★★★★★
Very Consistent

Consistency Guide

★★★★★ Very Consistent
★★★★☆ Consistent
★★★★☆ Moderate
★★★★☆ Variable
★★★★☆ Highly Variable

WHAT THIS MEANS

The sleep pattern over 30 measurements shows a predominance of severe oxygen desaturation events, which, while constituting 80% of events, account for 92% of the hypoxic burden. Events most frequently last between 15 and 30 seconds, with oxygen levels typically recovering within 15 to 30 seconds. The majority of events occur during the last third of the night and predominantly during light sleep. The hypoxic burden arises from a combination of event frequency and severity. Variability is notable in oxygen desaturation index and hypoxic burden, while sleep duration and resting heart rate show more stability.

DISCUSSION POINTS

- Severe events contribute disproportionately to hypoxic burden despite being 80% of total events.
- Oxygen desaturation events cluster in the last third of the night and mainly during light sleep.
- There is high variability in oxygen desaturation index and hypoxic burden across measurements.