

SomnoTrakTM

Sleep Therapy Progress Report

Long-term Sleep Medicine Monitoring

Patient:

Test Patient

Report Period:

Last 90 Days

Therapy:

Oral Appliance

Generated:

Jul 7, 2026

ODI 3%

7.9 /hr

Average of Recent Measurements

Hypoxic Burden

17.9

%·min/hr

Average of Recent Measurements

Median SpO₂

90.3 %

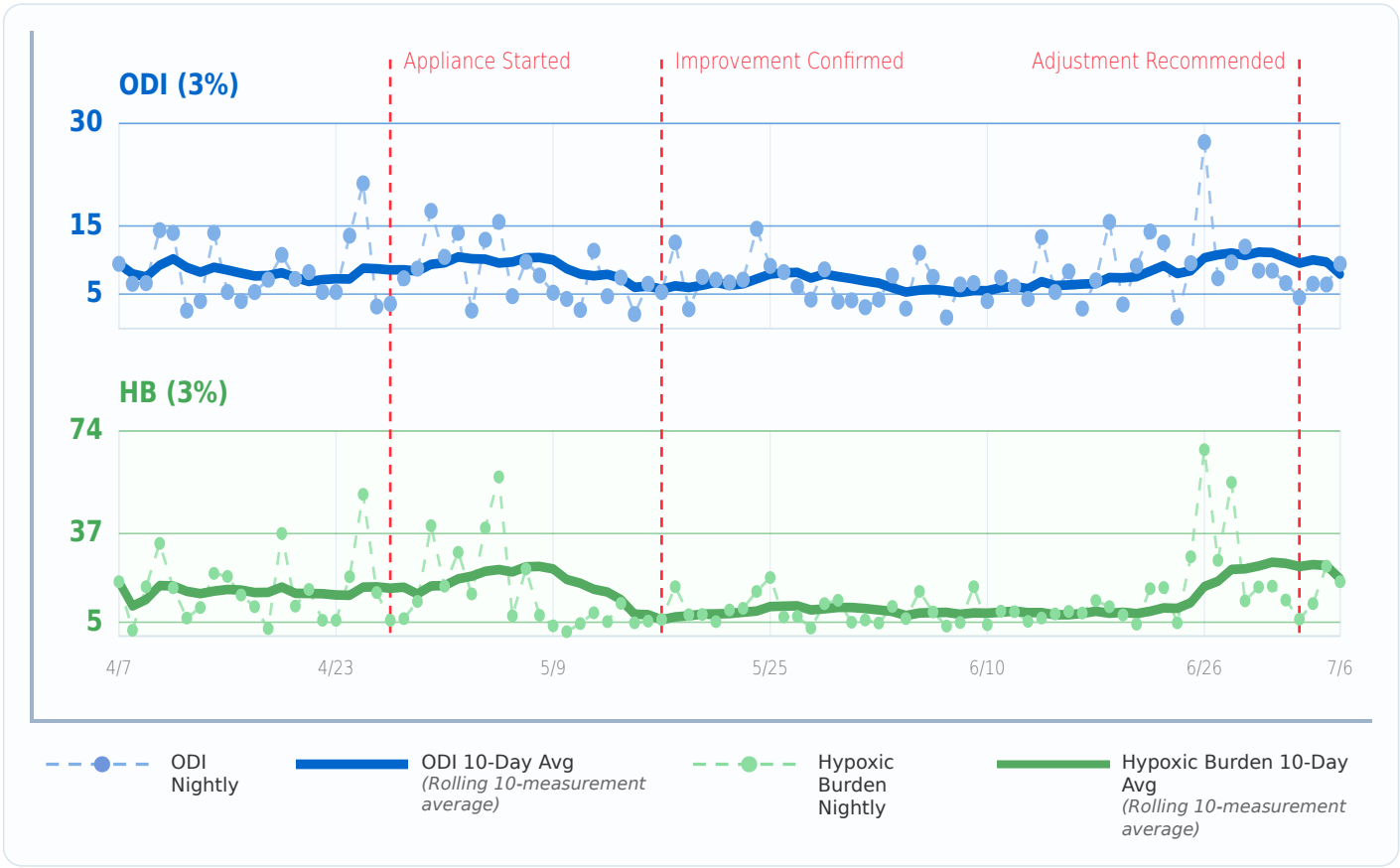
Recent 10-measurement median

Nights Recorded

90/91

99% capture rate

Therapy Effectiveness Timeline



Timeline Markers

Optimization Insight

- ODI3 shows an improving trend with a 15.59% decrease over 10 days, indicating reduced frequency of

Date	Marker	Details
2026-04-27	Appliance Started	Follow-up planned after 2 weeks of adaptation.
2026-05-17	Improvement Confirmed	Significant reduction in nocturnal hypoxic burden observed after therapy initiation.
2026-07-03	Adjustment Recommended	Residual respiratory events detected. Appliance advancement recommended.

oxygen desaturation events. This improvement contrasts with worsening hypoxic burden and T90 metrics during the same period.

- Hypoxic burden and T90 both worsened, increasing by 53.13% and 107.07% respectively, suggesting prolonged and more severe oxygen desaturation episodes. Median and nadir SpO2 remained stable with minimal changes, indicating consistent baseline oxygenation levels.

Baseline vs Recent

Metric	Baseline	Recent	Trend
ODI (3%)	9.3 /hr	7.9 /hr	↓ improving
Hypoxic Burden (3%)	11.7 %·min/hr	17.9 %·min/hr	↑ worsening
Median SpO2	91.6 %	90.3 %	→ stable
Nadir SpO2	74.3 %	70.7 %	→ stable
Time <90%	22 min	46 min	↑ worsening
Median Event Duration	33 sec	36 sec	→ stable

Note: 'Stable' indicates less than 10% relative change between baseline and recent measurements.

Monitoring Consistency

Capture Rate

99%

Average Gap

0 days

Longest Gap

0 days

Current Recording Run

30 days

In the last 30 day window

Oxygen desaturation frequency improved while hypoxic burden and duration worsened, with stable median and nadir oxygen saturation levels.