

ensoHST™

**Multi-Night Standard
Diagnostic Report**



EnsoData Clinic

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ENSOHST MULTI-NIGHT HOME SLEEP TEST REPORT

Patient Name:	Multinight Patient	Order Date:	07/08/2025
Gender:	Female	Date of Birth (Age):	08/07/1967 (35)
Height:	65.0	MRN#:	009988
Weight:	160.0	Scoring Technologist:	Scoring Tech
BMI:	26.62	Reviewing Physician:	Physician Name

RECORDING INFORMATION:

The studies were recorded on an FDA-approved continuous pulse oximeter device. The PPG signal was used to determine recording time and sleep/wake time. The record was scored for sleep, respiratory events, arousals, and other parameters in 30-second epochs. Hypopneas were scored per AASM definition 3% desaturation rule. The study was manually reviewed.

RECORDING OBSERVATIONS:

The patient slept for a total of 13h 01m 30s (Total Sleep Time) out of the 14h 05m 36s (Total Recording Time) recording across 2 nights. The eAHI (3%) is 13.3 and the eAHI (4%) is 8.4.

RESPIRATORY:

There were 173 obstructive respiratory events and 0 central respiratory events detected for an overall EnsoData **apnea-hypopnea index (eAHI) of 13.3 events/hour**. The patient experienced an oxygen desaturation nadir of 84%.

Arousal/RERA:

There were 153 total arousals detected for an arousal index of 11.7 events/hour. There were 19 RERAs leading to an EnsoData **respiratory disturbance index (eRDI) of 14.7**.

CARDIAC:

The pulse rate ranged from 50 to 97 BPM. The average pulse rate was 72 BPM. This patient **was not** flagged for any cardiac arrhythmias.

IMPRESSION:

- Mild obstructive sleep apnea detected.
- Oxygen saturation dropped below 90% for 0.5% of total sleep time.

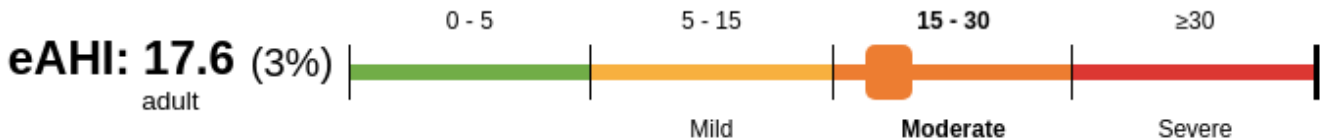
RECOMMENDATIONS:

- Refer patient for an in-lab sleep study.
- Refer patient for follow-up visit to be evaluated for PAP therapy.
- Refer patient for follow-up visit to be evaluated for Oral Appliance Therapy (OAT).
- Achieve and maintain ideal body weight.
- Maintain proper sleep hygiene: regular sleep/wake time, quiet and dark room, etc.
- Avoid caffeine and stimulants within 4 hours of bedtime.
- Discuss the role of alcohol and sedatives/hypnotics in causing or worsening existing obstructive apnea.

Summary Info Table

Metric	Night 1	Night 2
Recording Date	2025/07/09	2025/07/15
eAHI (3%)	17.6	8.1
eAHI (4%)	11.1	5.2
eRDI (3%)	18.6	10.1
eRDI (4%)	13.5	8.4
TST	7h 6m	5h 55m
TRT	7h 21m	6h 44m
Minimum SpO2	84	84
Mean SpO2	95	95
Maximum SpO2	98	99
Percent below 90 SpO2	0.6%	0.5%
Percent bad data	0.2%	0.1%

Recording Date: 2025/07/09



	Total (eAHI)	eRDI	Obstructive Respiratory	Central Respiratory	Desat
3% Count	125	132	125	0	107
3% Index	17.6	18.6	17.6	0	15.1
3% Mean Dur (sec)	25.0	25.0	25.0	0	32.2
3% Max Dur (sec)	43	43	43	0	74
3% REM Index	33.7	36.1	33.7	0	31.3
3% Non-REM Index	10.9	11.3	10.9	0	8.4
4% Count	79	96	79	0	58
4% Index	11.1	13.5	11.1	0	8.2
4% Mean Dur (sec)	24.7	24.8	24.7	0	33.7
4% Max Dur (sec)	41	41	41	0	74
4% REM Index	23.1	28.0	23.1	0	19.8
4% Non-REM Index	6.2	7.6	6.2	0	3.4

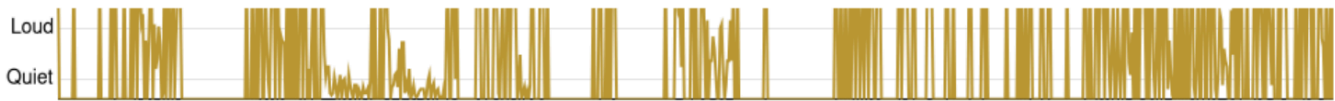
Sleep	Total Recording Time		Sleep Efficiency		Duration		Percent (TST)		
	Lights Off	7h 21m	96.6%	Wake	0h 15m	--	Light	4h 36m	64.9%
Lights On	11:12 PM	Sleep Latency	10m	Deep	0h 25m	5.9%	REM	2h 04m	29.2%
Total Sleep Time	06:33 AM	Wake After Sleep Onset	5m						

Respiratory & Oxygen Saturation (3%)	EnsoData Resp. Disturbance (eRDI)		EnsoData Apnea-Hypopnea (eAHI)		Obstructive Respiratory		Central Respiratory		RERA		Desaturation				
	Count	132	Index /hr	18.6	Count	125	Index /hr	17.6	Count	0	Index /hr	0.0	Count	7	Index /hr
Count	125	Index /hr	17.6	Count		Index /hr		Count	107	Index /hr	15.1				

Respiratory & Oxygen Saturation (3%)	SpO2 (Sleep)		Oxygen Saturation		Time In Range	
	Minimum	84	% time between 90 - 80		4m (1.0%)	
Mean	95	% time between 80 - 70		0m (0.0%)		
Maximum	98	% time between 70 - 60		0m (0.0%)		
		% time between 60 - 50		0m (0.0%)		
		% time between 89 - 0		2m (0.6%)		
		% time between 88 - 0		1m (0.4%)		

Cardiac	Heart Rate (Sleep)		Time In Range	
	Minimum	50	% time between 150 - 90	0m (0.1%)
Mean	71	% time between 90 - 50	7h 5m (100.0%)	
Maximum	97	% time between 50 - 0	0m (0.0%)	

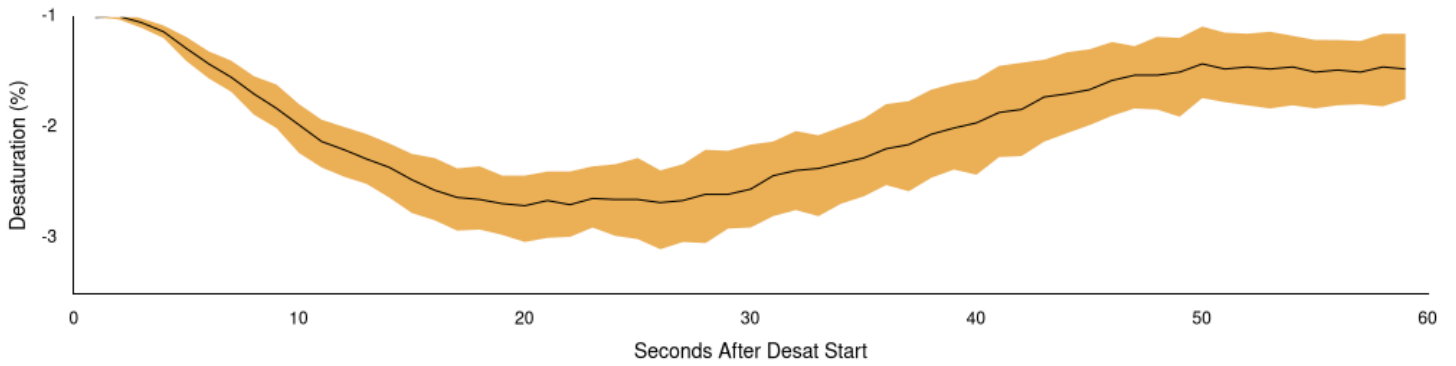
Snore Loudness



Hypoxic Burden

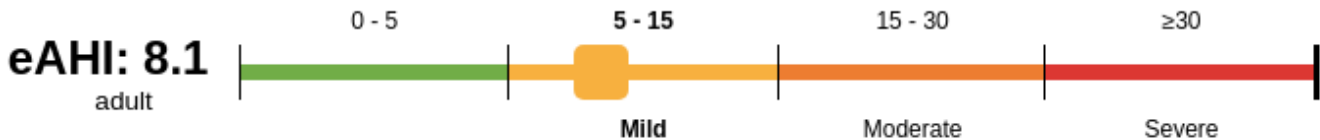
Note: this is an advanced metric

Representative Desats Mean



The 3% hypoxic burden value calculated for this study is 14.79 %min/hr, which is in the 35.45 percentile of an age- and sex-matched clinical cohort (0 is least severe, 100 is most severe). This is based on a cohort of 17037 historical sleep studies.

Recording Date: 2025/07/15



	Total (eAHI)	eRDI	Obstructive Respiratory	Central Respiratory	Desat
3% Count	48	60	48	0	44
3% Index	8.1	10.1	8.1	0	7.4
3% Mean Dur (sec)	25.3	25.5	25.3	0	29.9
3% Max Dur (sec)	48	48	48	0	59
3% REM Index	25.7	31.2	25.7	0	24.2
3% Non-REM Index	3.2	4.3	3.2	0	2.8
4% Count	31	50	31	0	24
4% Index	5.2	8.4	5.2	0	4.1
4% Mean Dur (sec)	23.8	25.0	23.8	0	30.3
4% Max Dur (sec)	48	48	48	0	59
4% REM Index	19.5	26.5	19.5	0	16.4
4% Non-REM Index	1.3	3.4	1.3	0	0.6

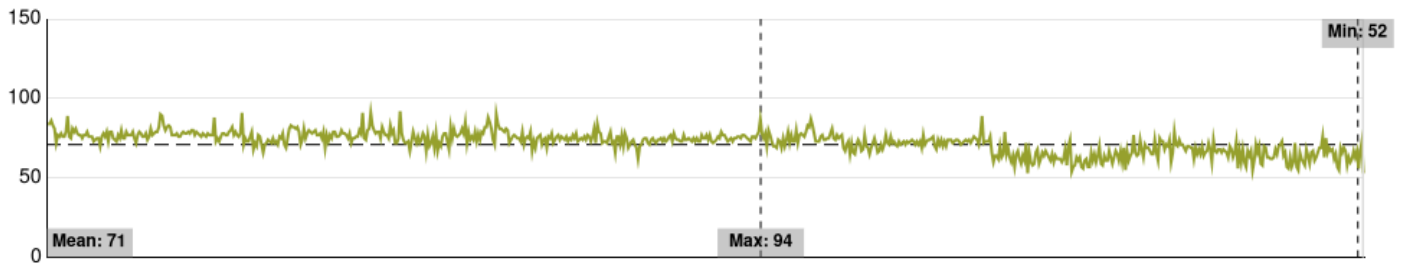
Sleep	Total Recording Time		Sleep Efficiency		Duration		Percent (TST)	
	Lights Off	6h 44m	87.9%	0h 49m	--	Wake	4h 08m	70.0%
Lights On	12:22 AM	Sleep Latency	27m	Light	4h 08m	70.0%		
Total Sleep Time	07:06 AM	Wake After Sleep Onset	22m	Deep	0h 29m	8.3%		
	5h 55m			REM	1h 17m	21.7%		

Respiratory & Oxygen Saturation	EnsoData Resp. Disturbance (eRDI)		EnsoData Apnea-Hypopnea (eAHI)		Central Respiratory		Obstructive Respiratory		RERA		Desaturation	
		Count	Index /hr	Count	Index /hr	Count	Index /hr	Count	Index /hr	Count	Index /hr	Count
	60	10.1	48	8.1	0	0.0	48	8.1	12	2.0	44	7.4

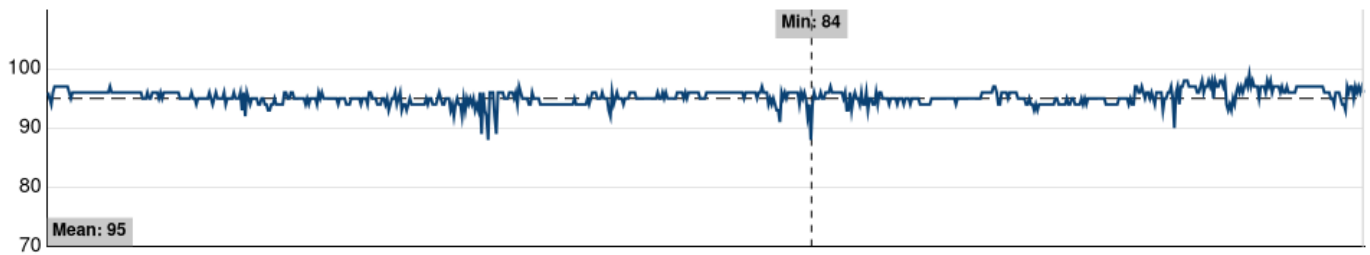
Respiratory & Oxygen Saturation	SpO2 (Sleep)		Oxygen Saturation		Time In Range		
	Minimum	84	% time between 90 - 80	2m (0.8%)	Mean	95	% time between 80 - 70
Maximum	99	% time between 70 - 60	0m (0.0%)	Maximum	99	% time between 60 - 50	0m (0.0%)
		% time between 89 - 0	1m (0.5%)			% time between 88 - 0	0m (0.3%)

Cardiac	Heart Rate (Sleep)		Time In Range	
	Minimum	52	% time between 150 - 90	1m (0.4%)
Mean	72	% time between 90 - 50	5h 54m (99.7%)	
Maximum	94	% time between 50 - 0	0m (0.0%)	

Heart Rate



SpO2



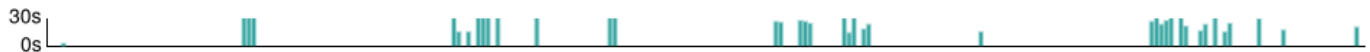
Staging



Position



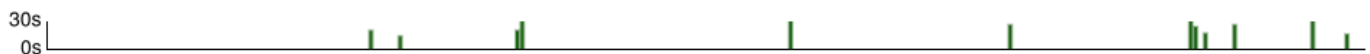
Obstructive Respiratory



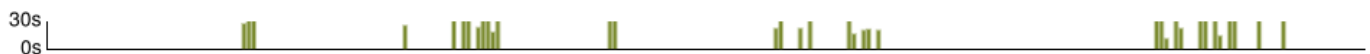
Central Respiratory



RERA



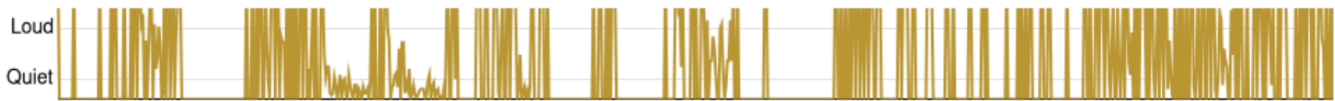
Desaturation



Arousal



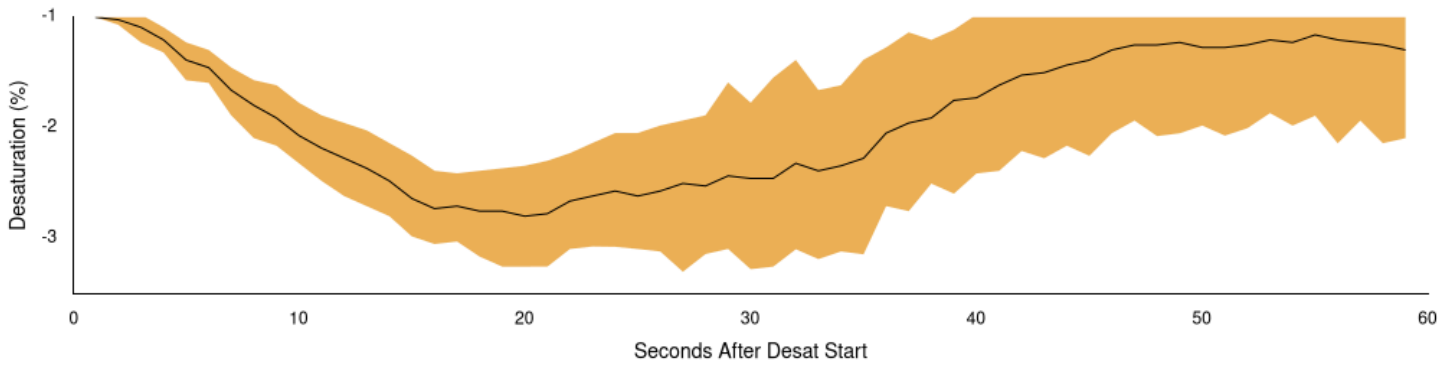
Snore Loudness



Hypoxic Burden

Note: this is an advanced metric

Representative Desats Mean



The 3% hypoxic burden value calculated for this study is 20.06 %min/hr, which is in the 46.65 percentile of an age- and sex-matched clinical cohort (0 is least severe, 100 is most severe). This is based on a cohort of 17037 historical sleep studies.



Customizable Diagnostic Reports

EnsoData's standard reports are designed to deliver clarity, consistency, and clinical confidence. Each standard report template has been validated by sleep, primary, and secondary care specialists to ensure it provides a comprehensive view of diagnostic data and exceeds the level of insight typically available from standard HSAT reports.

As you get started:

1. You'll be able to use these templates on your first day of access to EnsoData. Reports will be customized with your organization name, logo, and physician electronic signature.
2. When you generate a report, you'll be able to edit the text as necessary for that patient's unique diagnosis.
3. If you'd like to make changes to the report templates, our team can support you with customizations such as:
 - Updating plain text in the impressions or recommendations sections
 - Reordering report sections
 - Applying basic formatting changes (e.g., bolding, italics)

To request a template update, simply contact support@ensodata.com.

EnsoData's support team is also able to provide an estimate for larger report changes, such as brand new report templates, custom calculations, or significant modifications.