

MOP 47 – Sleep Results Templates

Normal Results Template

I am writing to express my gratitude for your recent participation in the sleep research study affiliated with the Atherosclerosis Risk in Communities NeuroCognitive Study (ARIC-NCS). In addition, I would like to inform you that your sleep results from the WatchPAT home sleep test indicate that you had a normal study. We did not see an elevated number of respiratory events throughout the night, which are brief pauses in breathing or short periods of shallow breathing.

I genuinely appreciate your time and commitment to research. Without dedicated volunteers such as you, we would be unable to conduct this research.

Thank you again for being a member of the ARIC Study.

Sincerely,

PI

Abnormal Results Template

I am writing to express my gratitude for your recent participation in the sleep research study affiliated with the Atherosclerosis Risk in Communities NeuroCognitive Study (ARIC-NCS). In addition, I would like to inform you about the results from the WatchPAT home sleep test. [If elevated respiratory events are present] The results show an elevated number of respiratory events during the night, which are brief pauses in breathing or short periods of shallow breathing.

[if oxygen saturations are ≤ 88 for 5 minutes or longer]. Your results [also] indicated that your oxygen levels were lower than 89% for xx minutes.

I would recommend that you follow up with your primary care physician or a sleep physician of your choosing for further evaluation and possible treatment of respiratory events [and/or oxygen levels].

I genuinely appreciate your time and commitment to research. Without dedicated volunteers such as you, we would be unable to conduct this research.

Thank you again for being a member of the ARIC Study.

Sincerely,

PI



Sleep Study Report

Dear Central Apnea,

I would like to thank you for wearing the WatchPAT home sleep testing device. I would now like to review with you the results of the study.

Sleep time:

Your total study time (the time from when the device turned on until you pulled it off) was 8 hrs, 25 min. You slept for 7 hrs, 39 min minutes of that time. A person with normal sleep habits sleeps 6-8 hours a night.

Breathing events:

The home sleep testing device calculates how many breathing events (apneas and hypopneas) were recorded overnight. These events can be brief pauses in breathing or short periods of shallow breathing. It is normal to have up to 5 breathing events per hour. Having more than 5 breathing events per hour may indicate sleep apnea.

Your study recorded 59.3 breathing events an hour. This is known as your Apnea Hypopnea Index or AHI.

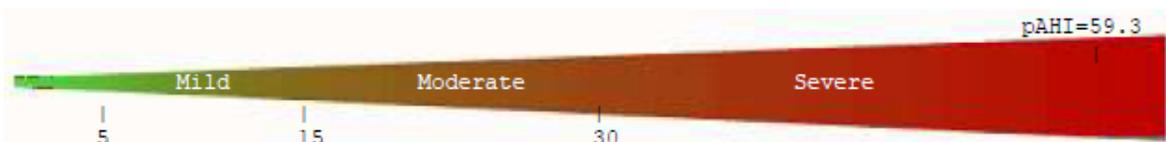
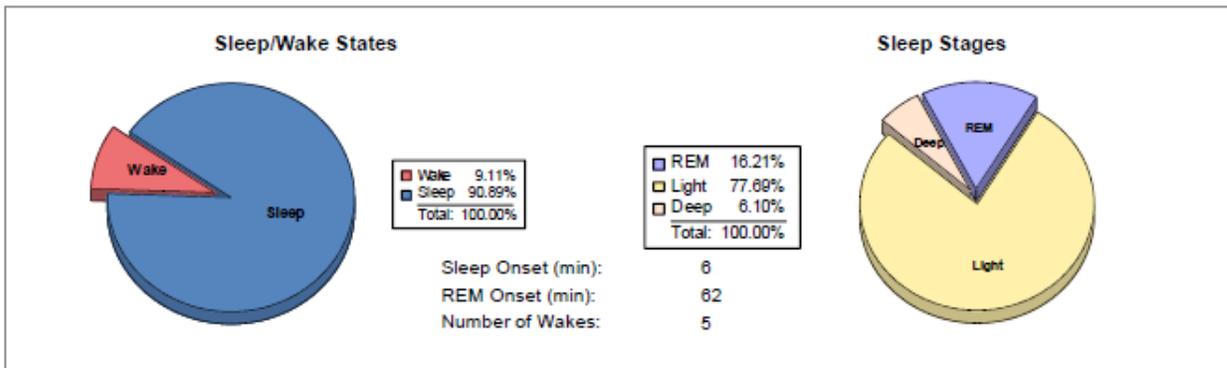
If you had more than 5 breathing events an hour, you may want to share these results with your physician.

Oxygen saturations:

The home sleep testing measures you oxygen levels. Your average oxygen level during the night was 96%. Your study recorded 0.3 minutes with oxygen levels below 89%.

If you had oxygen levels below 89% for 5 minutes or longer, you may want to share these results with your physician.

Sleep Stages Chart



* Reference values are according to AASM guidelines

Oxygen Saturation	<90	<=88
Duration (minutes):	0.9	0.3