

#1 respiratory hospital in the U.S.  
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## Sleep Study

### SLEEP CENTER POLYSOMNOGRAPHIC SUMMARY

#### Parameters Measured:

1. Airflow: Thermistor/Nasal pressure   X
2. Respiratory Effort: Esophageal pressure   Piezo     X
3. EKG   X   4. EEG   X   5. EOG   X   6. EMG: Chin   X   Leg   X
7. O2 Saturation: Finger   X   Ear

**Final Impression:** The total apnea-hypopnea index was 29 events per hour (**Obstructive Sleep Apnea Syndrome, ICSD Code 780.53-0**). CPAP at a pressure setting of 11 cmH2O appeared to be the best pressure setting to minimize both hypopneas as well as central apneas.

#### Recommendations:

1. This study would support the use of CPAP at a pressure setting of 11 cmH2O administered via a Respirationics Comfort Fusion small mask with heated humidification. The mask used in this sleep study may not necessarily be the optimal mask for this patient for long-term CPAP use. The provider of medical equipment should assess the patient and provide a mask that affords comfort and long-term CPAP compliance. A 2- to 3-week trial should be sufficient to determine both patient adherence to the prescribed CPAP therapy, as well as its therapeutic efficacy.
2. I would encourage the patient to maintain optimal weight.
3. I would evaluate and treat the patient for reversible causes of upper airway obstruction, such as nasal mucosal swelling, enlarged turbinates, and nasal polyps.