

AccuSom® HOME SLEEP TEST REPORT
provided by NovaSom®

Patient Name:	JEFFREY EPSTEIN	Test ID:	ORD-512625
Date of Birth:	01/20/1953	Dates of Study:	06/27/2014
Gender:	Male	Referring Clinician:	BRUCE MOSKOWITZ, MD
Height, Weight:	72.0 in, 200.0 lbs	Ordering Clinician:	BRUCE MOSKOWITZ, MD
SSN Number:		Interpreting Physician:	Michael Coppola MD FCCP

Symptoms

This 61 y/o Male was referred for the following complaints: Snoring, Excessive Daytime Sleepiness BMI 27.12 inches, Neck Size Not provided, Epworth 16.00

Diagnosis: Moderate Obstructive Sleep Apnea (ICD-9: 327.23, ICD-10: G47.33)

Interpretation and Recommendation

This study confirms the presence of physiologic events consistent with moderate obstructive sleep apnea (OSA) with frequent hypopneas and apneas.

The diagnosis of obstructive sleep apnea syndrome requires the presence of historical data such as excessive daytime sleepiness or witnessed snoring and apneas at night in addition to sleep recordings documenting a significant level of sleep disordered breathing. This study confirms those criteria and treatment for sleep apnea is indicated.

Auto-titrating CPAP (continuous positive airway pressure) or a CPAP titration would be appropriate. Other effective treatments which may be considered are oral appliances and otolaryngeal evaluation for treatable upper airway narrowing. Treatment would also include careful attention to proper sleep hygiene, weight reduction if the BMI is elevated, avoidance of sleeping in the supine position and avoidance of alcohol within four hours of bedtime. Specific treatment decisions should be tailored to each patient based upon the clinical situation and all treatment options should be considered. The patient should be instructed to avoid driving if sleepy and careful clinical follow up is needed to ensure that the patient's symptoms are improving with therapy and that PAP adherence is supported and measured if prescribed.

Although different insurers have different requirements, as an example Medicare requires documentation that the patient is utilizing PAP therapy at least 4 hours per night for 70% of the nights during a 30 consecutive day period. The PAP device automatically collects this data and your DME (Durable Medical Equipment) provider can supply it to you.

Interpreting Physician Signature
JEFFREY EPSTEIN, ORD-512625

Electronically signed by: Michael Coppola MD FCCP on Saturday June 28, 2014 at 03:28 PM [GMT]

NovaSom Inc. 877-753-3776

EFTA01108082

Description of Procedure:

This Sleep Apnea recording was performed utilizing a AccuSom Type III diagnostic device that simultaneously recorded oral/nasal airflow, chest wall motion by impedance, oxygen saturation (Nonin Pulse oximeter), heart rate, and snoring. The study took place over 1 nights.

Data

Total recorded time: 7.51 hours for 1 nights

Total recorded minutes: 451.00

Highest AHI 3% (AASM criteria): 16.7

Highest AHI 4% (Medicare Criteria): 15.5

Night 1 Sleep Time: 07:31 Start 21:18 Stop 5:18 AHI 3% = 16.7, AHI 4% = 15.5

Total number of events @ 3%: 126

Total number of events @ 4%: 117

Total number of apneas: 116

Total number of hypopneas @ 3% criteria: 10

Total number of hypopneas @ 4% criteria: 1

Oximetry

Oxygen saturation <90% for approximately: 0.4 minutes recorded time (0.1% of recorded time)

Oxygen saturation >90% for approximately: 478.5 minutes recorded time

Night 1 Oxygen desaturations <90%: 0.08% of recorded time

Average heart rate: 49 b/m

Lowest heart rate: 41 b/m

I attest that I have reviewed the raw data acquired in this study and confirm that the sleep study was technically adequate, unless stated otherwise above, and sufficient to allow for my interpretation.

Interpreting Physician

Signature

Date

Electronically signed by: Michael Coppola MD FCCP on Saturday June 28, 2014
at 03:28 PM [GMT]

06/28/2014

SLEEP STUDY SUMMARY

Patient Name: JEFFREY E EPSTEIN
Date of Birth: 01/20/1953
Test ID: ORD-512625
Physician: BRUCE MOSKOWITZ MD

Night #1
Jun 27 2014

Device start time	21:03
Study start time	21:18
Study end time	05:18
Total study duration	07:31
Disconnects: #	0
Disconnect: (min)	0
Invalid respiratory signals: #	5
Invalid respiratory signal: (min)	27
Invalid O2 signal: (min)	1

Apnea + Hypopnea Index (AHI/RDI**)	
with >= 3% O2 desaturation	16.7
Total number of hypopneas	
with >= 3% O2 desaturation	10

Apnea + Hypopnea Index (AHI/RDI**)	
with >= 4% O2 desaturation	15.5
Total number of hypopneas	
with >= 4% O2 desaturation	1

Apnea Index (AI)	15.4
Total number of apneas	116
Obstructive apneas	113
Unclassified apneas*	3

Lowest O2 saturation	89%
Time of occurrence	> 1 time
% time below 90% saturation	0%

Heart Rate (bpm)	
Minimum	41
Maximum	89
Average	49

Snoring/Respiration Noise	
Time over 50dBa (HH:MM)	05:33
% time over 50dBa	74%
Maximum (dBa)	80.0
Average (dBa)	59.0

* Unclassified apnea: apnea accompanied by a reduction in chest movement of greater than 90% compared to baseline movement.

** AHI/RDI = sum of the apneas and hypopneas divided by the number hours in the study.