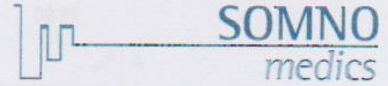


**SEIN Heemstede
Slaapcentrum**

Primary Phys.: G. J. Lammers
Ref. Physician:
Ordering Phys.:
Scorer: A. Zeijlemaker
Tel.:
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Address:
Heemstede



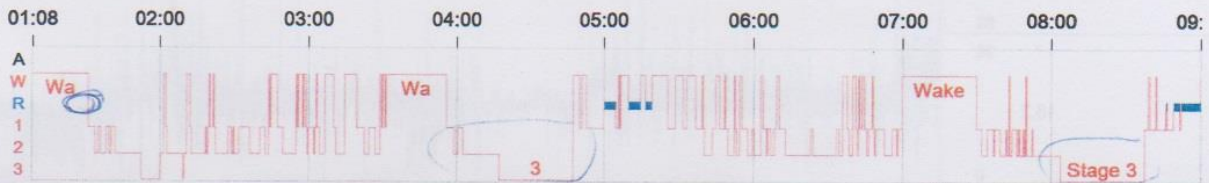
Patient Data

Last Name:	Ascencion	Height:	181 cm
First Name:	F	Weight:	109 kg
Date of Birth:	14-2-1967	BMI:	33,27 kg/m ²
ID:	64919	Sex:	M

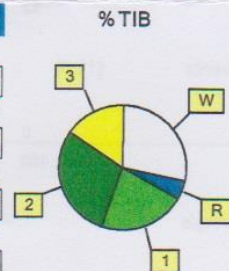
Montage name: APSG lage sample frequentie
Description: APSG AZ

	from	to	Artefact	Duration
Recorded Time	25-4-2016 14:38:00	26-4-2016 11:28:59		20:51:00
TIB	26-4-2016 01:08:30	26-4-2016 09:00:11	0:00:00	7:51:40

Sleep Stages



		Sleep Stage	Duration	(%) TIB	(%) TST	(%) SPT
Total Sleep Time (TST)	5:37:59					
Sleep Efficiency [%]	71,7					
Sustained Sleep Eff. [%]	75,2	Artefact	00:00:00	0	0	0
Sleep Latency Stage 1	00:22:29	Movement	0:00:00	0	0	0
Sleep Latency Stage 2	00:24:59	Wake	2:13:40	28,3	0	24,9
Deep Sleep Latency	00:43:59	REM	0:23:29	5	7	5,3
REM latency	03:29:00	Stage 1	1:45:00	22,3	31,1	23
Total Sleep Period (SPT)	07:26:30	Stage 2	2:17:29	29,2	40,7	30,8
Sleep Stage Change (Index)	171 (21,8)	Stage 3	1:12:00	15,3	21,3	16,1
# Wake (Index)	41 (7,3)	Light Sleep	4:02:30	51,4	71,7	53,8
# Wake > 3 min (Index)	7 (1,2)	Deep Sleep	1:12:00	15,3	21,3	16,1
Wake duration SPT	01:50:59					
Maximum SVB [LF/HF x10]	0					
Minimum SVB [LF/HF x10]	0					
Average SVB	0					
REM Density [%]	34					
WASO	01:51:11					

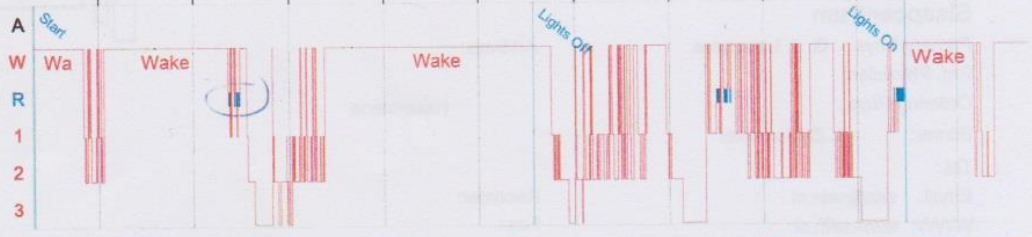


OVIM02
231001

16:00 18:00 20:00 22:00 00:00 02:00 04:00 06:00 08:00 10:00

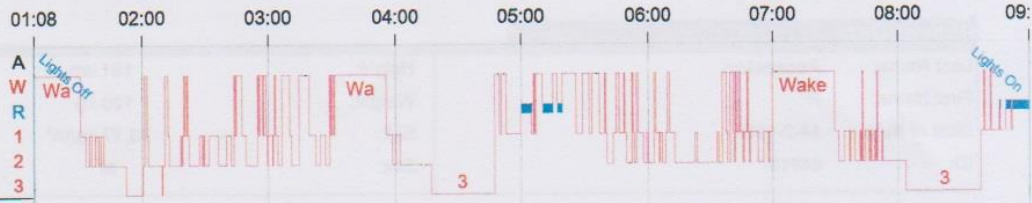
Sleep profile

3%
28%
8%



Sleep profile

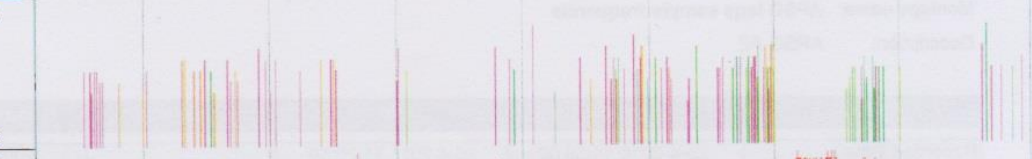
[21,8]



Arousal Class.

[12,8]

A R P D C S

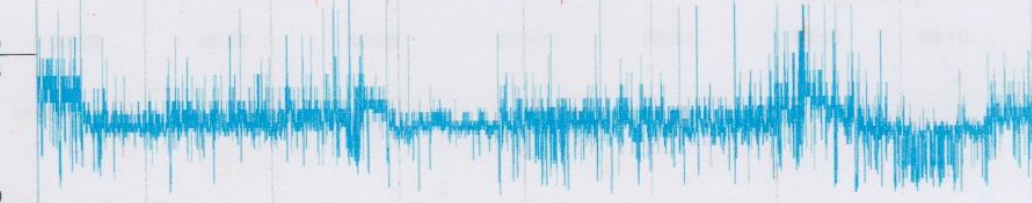


SpO2



BF

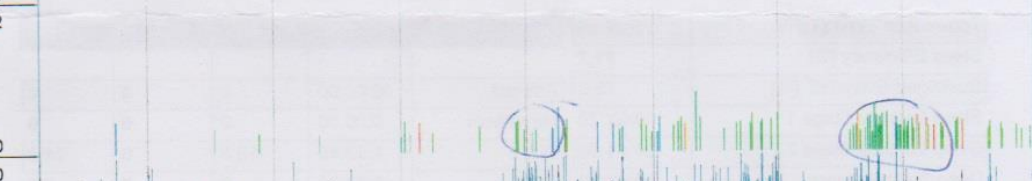
18,2



Flow Events

[11,6]

O C M H F



Phase Angle

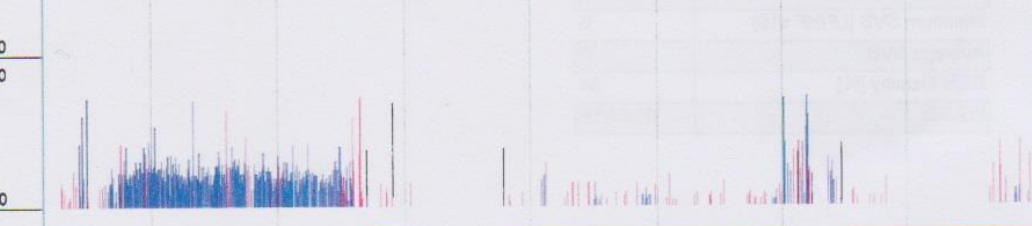


HR



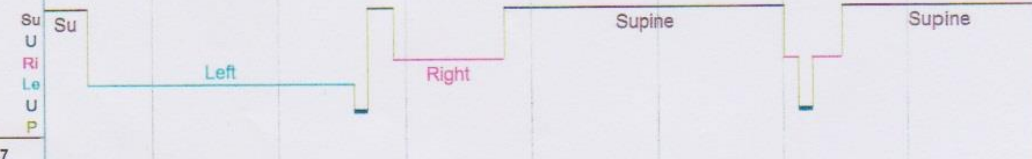
PLM Events

[66,3]



Position

[1,3]



Snore Events

[216,5]



Polysomnography of F. Ascencion, measured on April 26 to April 27 2016.

Done by Sleep center SEIN, Located at Heemstede in The Netherlands,. Under supervision of Dr. G.J. Lammers.

Text written by F. Ascencion (the patient)

This has been an APSG, ambulatory polysomnography, which means a non-supervised PSG at home of the patient.

Purpose was to measure deep sleep on baclofen.

30 mg of baclofen has been taken an hour prior to going to bed together with Imipramine, an antidepressant to help against cataplexy. Patient doesn't use Cpap but a nose clip for his apnea.

19:00 A regular nap shows dream stage directly.

5:00 Shows dream stage after 4 hours on baclofen.

9:00 Second night dream stage after 8 hours on baclofen.

During the night there are 3 periods of restful quality sleep. The first period seems to be interrupted by unknown reason. 2nd and 3rd period are more as expected.

Consciously awake at 3:30 and 7:00.

Best sleep on right side.

Lost nose clip close to 8:00. Significantly more snoring and less oxygen intake (apnea)

Overall: Better than unmedicated. Less than expected. REM sleep minimized. No movement. Little dream time.

Conclusion: Patient will come back for 2nd PSG after going back on Xyrem, to see if the fragmented light sleep will still be there or not.

This APSG is a personal measurement and won't guarantee the same, lesser or better results for another individual.