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Recording date: 6 May, 2020
File name: 2020-05-06T19-48-09.atf

All night recording using smart phone for microphone and smart phone / watch for sleeping position.

Recording duration: 19.48 – 4.28 520 min
Sleep duration: 19.48 – 4.28 520 min

(Sleep duration is user defined.)

Sleep positions

Supine (on back): 37%
Right side: 0%
Left side: 0%
Prone (face down): 0%
Upright: 63%
No position: 0%

Number of position changes: 8

		duration	of sleep, %	of snoring, %
Snoring:		520 min		
Snoring:		457 min	88%	
in supine		187 min	36%	41%
in right side		0 min	0%	0%
in left side		0 min	0%	0%
in prone		0 min	0%	0%
in upright		271 min	52%	59%
in no position		0 min	0%	0%
Heavy snoring:		421 min	81%	
in supine		182 min	35%	43%
in right side		0 min	0%	0%
in left side		0 min	0%	0%
in prone		0 min	0%	0%
in upright		239 min	46%	57%
in no position		0 min	0%	0%
Snoring with pauses:		353 min	68%	
in supine		155 min	30%	44%
in right side		0 min	0%	0%
in left side		0 min	0%	0%
in prone		0 min	0%	0%
in upright		199 min	38%	56%
in no position		0 min	0%	0%

Assessment

Snoring:		Severe 😞
Snoring in supine position:		Moderate 😟
(Normal 0–30% Moderate 30–60% Severe 60–100%)		
Snoring with pauses:		Severe 😞
Snoring with pauses in supine position:		Moderate 😟
(Normal 0–10% Mild 10–30% Moderate 30–60% Severe 60–100%)		
Alarm level		-1
(0 no alarm, 1 sleeping on back, 2 snoring on back, 3 pauses on back)		
Significant snoring	would have detected	21 min
Significant snoring with pauses	would have detected	340 min

Recommendations

Avoiding sleep on the back (supine position) should reduce:

	from (min)	to (min)	
Snoring	457	270	41% ↓
Heavy snoring	421	239	43% ↓
Snoring with pauses	353	198	44% ↓

ApneaTracker with Supine Position Alarm Mode (Level1–3, position therapy) is recommended if the amount of snoring and/or snoring with pauses is not normal and the reduction is 50% or more. The blocked periods are marked in the graph.

In any case AT recording should be repeated 3–5 times.

If after 3–5 repeated times, there are moderate to severe amount of snoring with pauses you should see medical personnel for possible interventions.

Disclaimer

This report is based on statistical analysis of the snoring recording. The recording was not supervised by a medical personnel. Sleep duration was subjective and defined by the user.

This report is not a diagnostic tool for any disease or medical disorder, symptom or condition.

ApneaTracker is not a diagnostic method for sleep apnea, but rather an informative tool for evaluation of snoring during sleep. Snoring with periodic pauses is statistically correlated with breathing pauses and sleep apnea.

The recording is always recommended to be repeated 2–5 times to get more reliable conclusions.

If you have any symptoms of sleep apnea or of any other medical condition you should contact a medical personnel.

For more information about snoring, sleep apnea and ApneaTracker visit www.apneatracker.com.