

Sleep Study

FILKIN, RANDY L - 7328255

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* Preliminary Report *

Sleep Study

FILKIN, RANDY L
MR#: 0007328255

DOB: 05/23/1956 50 M
JAMES PAGEL, MD

SLEEP STUDY

CC: DOUGLAS CLARK, MD
JAMES PAGEL, MD

DATE OF STUDY:
DATE OF READING:
REFERRING:

POLYSOMNOGRAM

This is a 27-year-old male, height 71 inches, weight 192 pounds. This is a 50-year-old male with body mass index 27. The patient reports an Epworth of 14/24.

CURRENT MEDICATIONS: Celexa.

INDICATIONS FOR STUDY: The patient had a previous polysomnogram in 1999 at which time he was 240 pounds. At that time his apnea/hypopnea index was only 1.2 on treatment at 7 cm of water. His apnea/hypopnea index before treatment was 9.2, supine position 18.8. The patient has lost weight from 240 pounds to 192 pounds.

PROCEDURE: Technically, this study was done on a Nihon Kohden system with tech-assisted analysis using a routine apnea montage. It is considered adequate for diagnosis and treatment. The study was done on May 20, 2006 and is being read on May 31, 2006.

Total recording time 170 minutes. Total sleep time was 161 minutes, sleep efficiency 95% with 5% stage 1, 95% stage 2, no stage 3 or 4. REM's reduced. Sleep latency was very short at 3 minutes. The patient only slept supine.

Respiratory review: The patient had 103 obstructive apneas, 22 hypopneas, 125 total respiratory events, an apnea-hypopnea index of 45 per hour. Mean SaO2 was 95%. Minimal saturations down to 75% with 125 desaturations. The patient had 62 minutes below 88% saturations. Arousal index is at 26.7 per hour. Periodic leg movement index 0 per hour. Heart rate varied 30-50 beats per minute with mean rate of 42. Electroencephalogram did show significant

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alpha intrusion in the sleep.

CONCLUSION AND SUMMARY:

1. The patient's obstructive sleep apnea/hypopnea syndrome has become much worse despite weight loss. It is associated with severe hypersomnolence, code 780.53 or 327.23.

2. The patient does show alpha intrusion in the sleep. This can be secondary to the Celexa this patient is currently taking as a medication. As such, patient's, if not associated with _____ , may also complain of nonrestorative sleep.

Because of the patient's apnea, the patient was initiated on CPAP. Total sleep time on CPAP was 247 minutes. The patient had 5% stage 1, 122 minutes or 95% of study in stage 2, 62 minutes in stage 3 or 4 and 56 minutes in REMs indicating restoration of normal sleep. The patient slept predominantly supine on treatment. Overall apnea/hypopnea index on treatment is 0.5 per hour. Mean oxygen saturation is 95% minimal. Oxygen desaturation to 87%, arousal index drops to 2.4. Best setting is at 5 cm of water. Where apnea/hypopnea index is 0.49, the patient had REM rebound and slept supine.

CONCLUSION AND SUGGESTED TREATMENT: The patient has obstructive sleep apnea/hypopnea syndrome. He responded very well in the laboratory treatment with CPAP at 5 cm of water using a ResMed size small open mirage mask with heated humidifier. I strongly suggest treatment as above. The patient should not drive when sleepy.

TO BE SIGNED:

JAMES PAGEL, MD

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ST. FRANCIS HEALTH CENTER

Completed Action List:

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