

SleepHQ Therapy Check Report for Eric

Therapy Check Summary

Patient: Patient B

Report generated: 2026-07-17 03:43:29

This Therapy Check summarises data automatically recorded by your device and scored by SleepHQ's automated analysis. It is provided to help you and your clinician monitor how your therapy is tracking over the nights recorded.

Results

Metric	Night 1 2026/02/11	Night 2 2026/02/12	Night 3 2026/02/13	Night 4 2026/02/14	Night 5 2026/02/15
AHI (3%)	29.8	71.7	28.2	32.1	18.9
RDI (3%)	34.0	76.4	30.7	35.9	21.3
Arousal Index	25.4	72.5	22.8	30.0	20.6
Total Sleep Time	7h 27m	6h 39m	6h 45m	7h 28m	7h 6m
Total Recording Time	8h 4m	6h 59m	7h 13m	7h 48m	7h 30m
Minimum SpO2	62.0%	67.0%	66.0%	70.0%	78.0%
Mean SpO2	89.0%	91.0%	91.0%	93.0%	93.0%
Maximum SpO2	99.0%	98.0%	99.0%	99.0%	99.0%
Percent Below 90 SpO2	45.3%	30.2%	19.4%	14.3%	8.5%
Percent Bad Data	1.1%	0.8%	0.9%	0.8%	0.9%

Overall observations:

Night 1 was recorded with Inspire switched off, while Nights 2 through 5 were recorded with Inspire active. The results were highly variable. The baseline AHI was 29.8 events per hour, compared with a range of 18.9 to 71.7 with Inspire active. The RDI and arousal index followed a similar pattern, showing that breathing disturbances and sleep disruption were not consistently controlled from one night to the next.

The most encouraging result was Night 5. Compared with baseline, the AHI and RDI improved by approximately 37%, oxygen desaturations reduced by around 25%, and time spent below 90% oxygen fell from 45.3% to 8.5%. Minimum oxygen also improved from 62% to 78%. However, moderate sleep apnea and frequent sleep disturbances were still present.

Overall, Inspire appears capable of providing a meaningful benefit, but the current treatment is not yet producing stable or consistently effective results. The next step should be to review these findings with the treating Inspire clinician, including the stimulation settings, sleep position and what may have been different on Night 5. Further adjustment or titration may be required, followed by another multi-night Therapy Check to confirm that any improvement can be reproduced consistently. Given the significant oxygen drops and continued moderate to severe sleep apnea across several nights, follow-up should not be delayed.

⚠ Important — this is not a diagnostic sleep study

This report has **not** been reviewed or interpreted by a physician and does **not** carry a clinical diagnosis. The figures above are generated automatically and are intended for **informational and therapy-monitoring purposes only**.

This report must **not** be used to diagnose, treat, cure, or rule out any medical condition, including obstructive sleep apnoea. If you have concerns about your sleep or your therapy, please discuss these results with your treating clinician or healthcare provider.

Automatically generated by SleepHQ. No physician signature is attached to this report.

Recording Date: Tue, Feb 10, 26

Respiratory & Oxygen Saturation

Count		Index /hr	Count		Index /hr
RDI	253	34.0	Obstructive Respiratory	216	29.0
AHI	222	29.8	Central Respiratory	6	0.8
			RERA	31	4.2
			Desaturation	248	33.3

SpO2 (Sleep)	%	Oxygen Saturation	Time in Range
Minimum	62%	Time between 90 - 80	3h 15m 24s (43.8%)
Mean	89%	Time between 80 - 70	41m 18s (9.3%)
Maximum	99%	Time between 70 - 60	3m 36s (0.8%)
		Time between 60 - 50	0s (0.0%)
		Time between 89 - 0	3h 22m (45.3%)
		Time between 88 - 0	2h 46m 58s (37.4%)

Sleep

Recording stats		Sleep stats		Stage	Duration	Percent (TST)
Total Recording Time (TRT)	8h 3m 43s	Sleep Efficiency	92.3%	Wake	37m 13s	--
Total Sleep Time (TST)	7h 26m 30s	Sleep Latency	11m 30s	Light	5h 1m 30.0s	67.5%
Lights Off	11:31 PM	Wake After Sleep Onset	25m 43s	Deep	25m	5.6%
Lights On	07:35 AM			REM	2h	26.9%

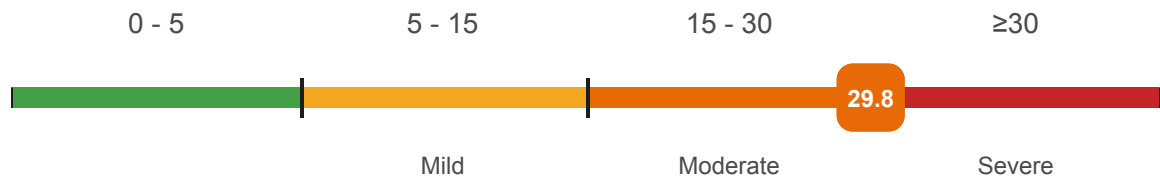
Cardiac

Heart Rate (sleep)		Time in Range	
Minimum	53.0	Time between 150 - 90	5m (1.2%)
Mean	73.0	Time between 90 - 50	7h 22m (99.0%)
Maximum	113.0	Time between 50 - 0	0m (0.0%)

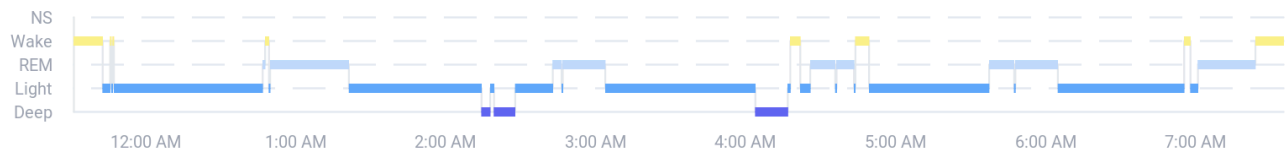
Event Summary

	AHI	RDI	Obstructive Respiratory	Central Respiratory	Desaturation
3% Count	222	253	216	6	248
3% Index	29.8	34.0	29.0	0.8	33.3
3% Mean Duration (seconds)	23.7s	24.0s	24.0s	13.7s	37.3s
3% Max Duration (seconds)	49s	53s	49s	16s	157s
3% REM Index	26.5	32.0	26.0	0.5	27.0
3% Non-REM Index	31.1	34.7	30.1	0.9	35.7

AHI: 29.8
(3% - adult)



Sleep Stages



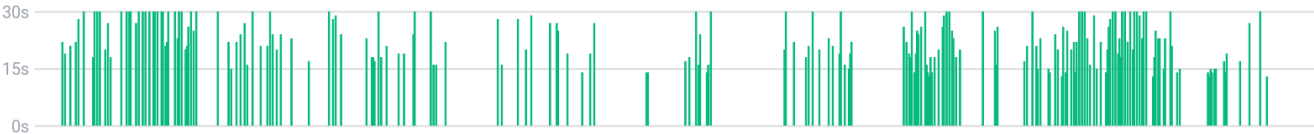
Heart Rate



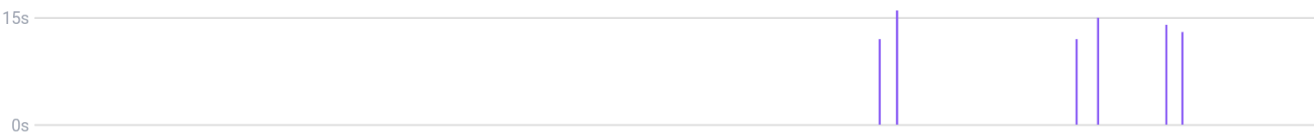
Oxygen Saturation (SpO2)



Obstructive Respiratory Events



Central Respiratory Events



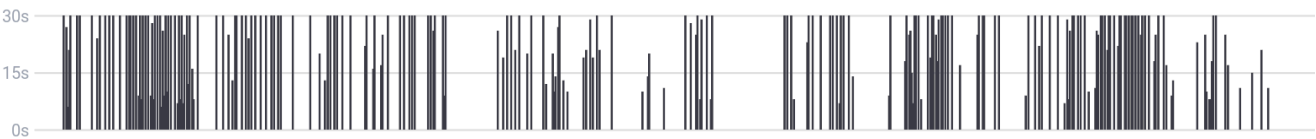
Respiratory Effort Related Arousals (RERA)



Arousals



Desaturations



The total 3% hypoxic burden for the patient was 152.52%min/hr based on 248 desaturation events.

Recording Date: Wed, Feb 11, 26

Respiratory & Oxygen Saturation

	Count	Index /hr		Count	Index /hr
RDI	508	76.4	Obstructive Respiratory	450	67.7
AHI	477	71.7	Central Respiratory	27	4.1
			RERA	31	4.7
			Desaturation	487	73.2

SpO2 (Sleep)	%	Oxygen Saturation	Time in Range
Minimum	67%	Time between 90 - 80	2h 28m 55s (37.3%)
Mean	91%	Time between 80 - 70	5m 3s (1.3%)
Maximum	98%	Time between 70 - 60	9s (0.0%)
		Time between 60 - 50	0s (0.0%)
		Time between 89 - 0	2h 19s (30.2%)
		Time between 88 - 0	1h 25m 19s (21.4%)

Sleep

Recording stats		Sleep stats		Stage	Duration	Percent (TST)
Total Recording Time (TRT)	6h 58m 35s	Sleep Efficiency	95.3%	Wake	19m 35s	--
Total Sleep Time (TST)	6h 39m	Sleep Latency	3m 30s	Light	5h 39m 30.0s	85.1%
Lights Off	11:47 PM	Wake After Sleep Onset	16m 5s	Deep	20m 30s	5.1%
Lights On	06:45 AM			REM	39m	9.8%

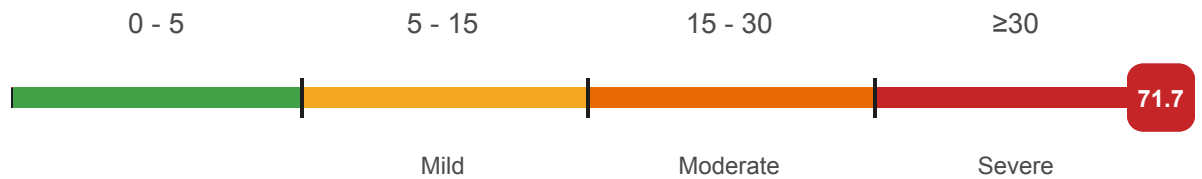
Cardiac

Heart Rate (sleep)		Time in Range	
Minimum	60.0	Time between 150 - 90	18m (4.6%)
Mean	78.0	Time between 90 - 50	6h 26m (96.7%)
Maximum	122.0	Time between 50 - 0	0m (0.0%)

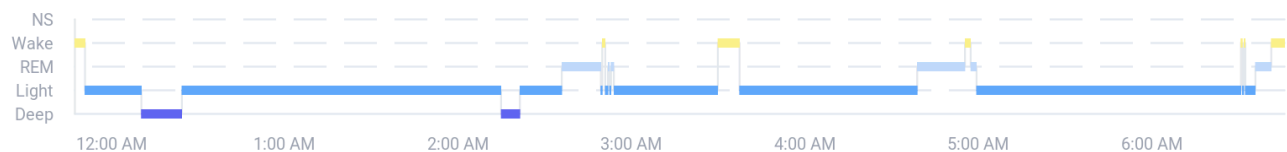
Event Summary

	AHI	RDI	Obstructive Respiratory	Central Respiratory	Desaturation
3% Count	477	508	450	27	487
3% Index	71.7	76.4	67.7	4.1	73.2
3% Mean Duration (seconds)	19.1s	19.1s	19.4s	14.7s	18.8s
3% Max Duration (seconds)	41s	41s	41s	25s	66s
3% REM Index	30.8	36.9	30.8	0.0	36.9
3% Non-REM Index	76.2	80.7	71.7	4.5	77.2

AHI: 71.7
(3% - adult)



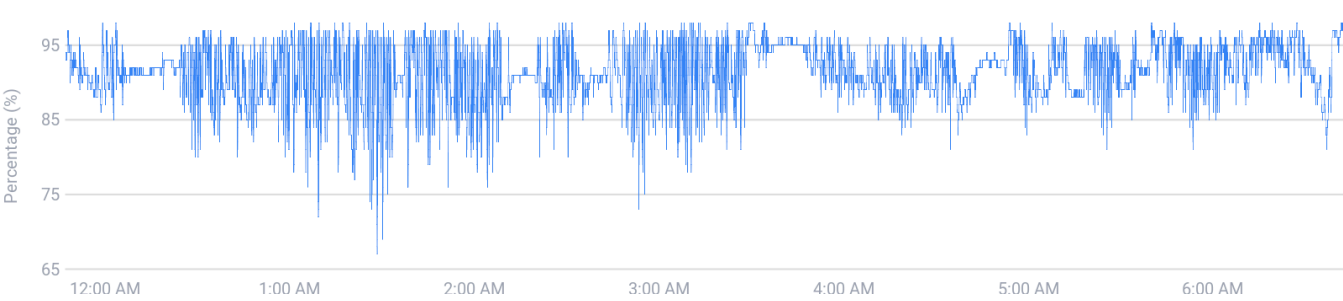
Sleep Stages



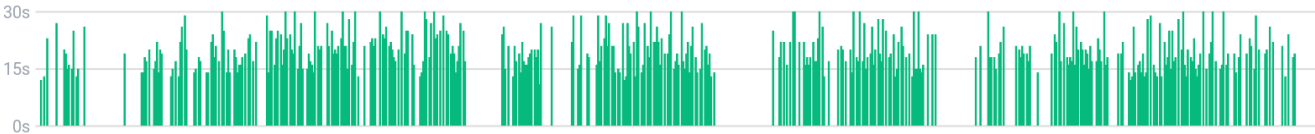
Heart Rate



Oxygen Saturation (SpO2)



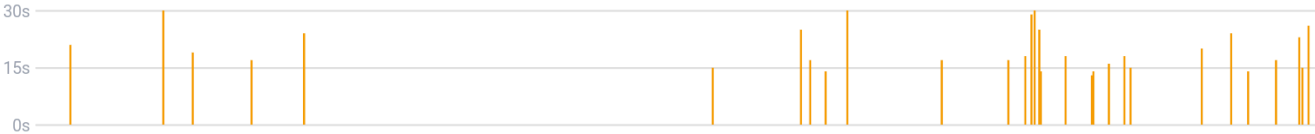
Obstructive Respiratory Events



Central Respiratory Events



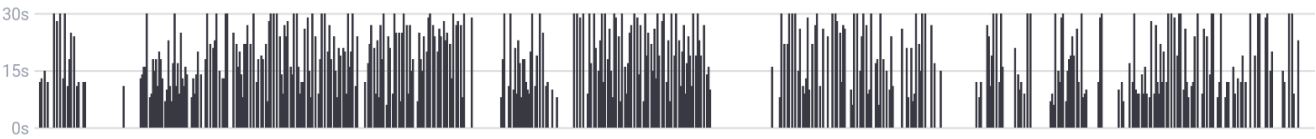
Respiratory Effort Related Arousals (RERA)



Arousals



Desaturations



The total 3% hypoxic burden for the patient was 169.25%min/hr based on 487 desaturation events.

Recording Date: Thu, Feb 12, 26

Respiratory & Oxygen Saturation

	Count	Index /hr		Count	Index /hr
RDI	207	30.7	Obstructive Respiratory	188	27.9
AHI	190	28.2	Central Respiratory	2	0.3
			RERA	17	2.5
			Desaturation	232	34.4

SpO2 (Sleep)	%	Oxygen Saturation	Time in Range
Minimum	66%	Time between 90 - 80	1h 55m 25s (28.5%)
Mean	91%	Time between 80 - 70	5m 48s (1.4%)
Maximum	99%	Time between 70 - 60	13s (0.1%)
		Time between 60 - 50	0s (0.0%)
		Time between 89 - 0	1h 18m 33s (19.4%)
		Time between 88 - 0	53m (13.1%)

Sleep

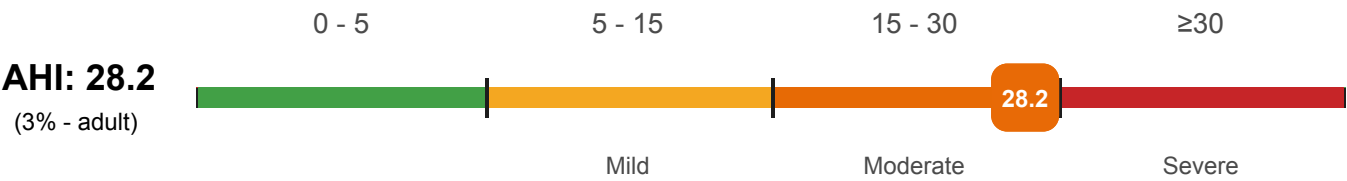
Recording stats		Sleep stats		Stage	Duration	Percent (TST)
Total Recording Time (TRT)	7h 13m 7s	Sleep Efficiency	93.4%	Wake	28m 37s	--
Total Sleep Time (TST)	6h 44m 30s	Sleep Latency	12m	Light	4h 26m	65.8%
Lights Off	11:51 PM	Wake After Sleep Onset	16m 37s	Deep	43m 30s	10.8%
Lights On	07:04 AM			REM	1h 35m	23.5%

Cardiac

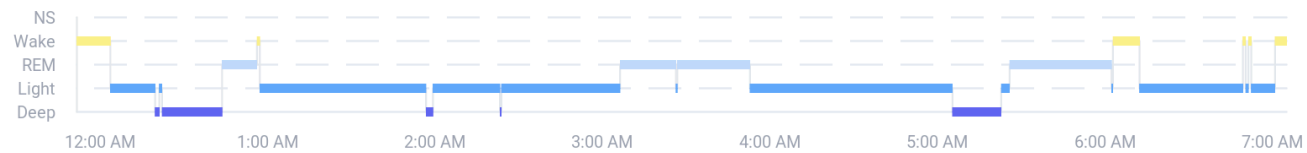
Heart Rate (sleep)		Time in Range	
Minimum	54.0	Time between 150 - 90	5m (1.2%)
Mean	72.0	Time between 90 - 50	6h 40m (99.1%)
Maximum	118.0	Time between 50 - 0	0m (0.0%)

Event Summary

	AHI	RDI	Obstructive Respiratory	Central Respiratory	Desaturation
3% Count	190	207	188	2	232
3% Index	28.2	30.7	27.9	0.3	34.4
3% Mean Duration (seconds)	21.8s	21.9s	21.9s	12.5s	23.9s
3% Max Duration (seconds)	43s	43s	43s	13s	101s
3% REM Index	9.5	9.5	9.5	0.0	20.8
3% Non-REM Index	33.9	37.2	33.5	0.4	38.6



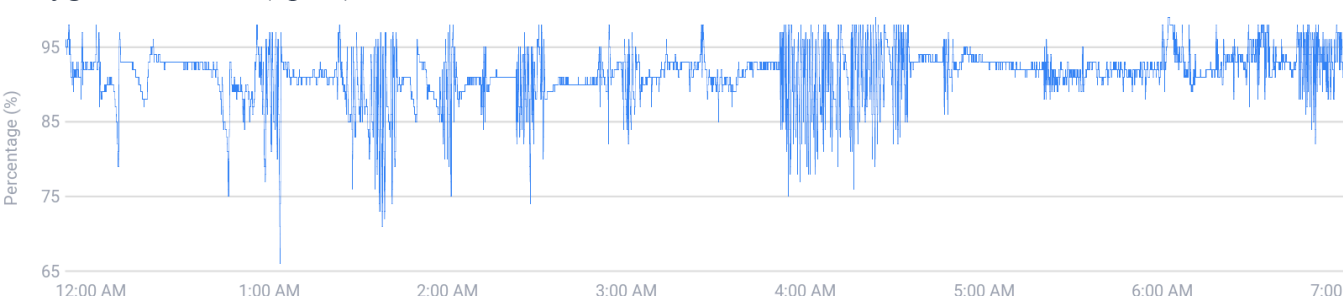
Sleep Stages



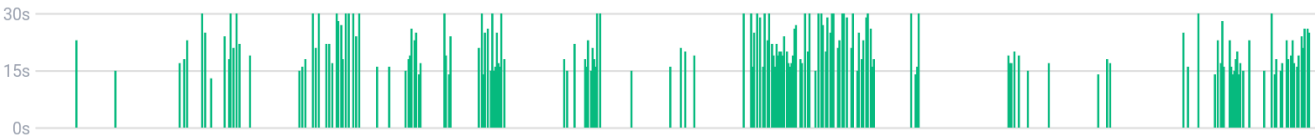
Heart Rate



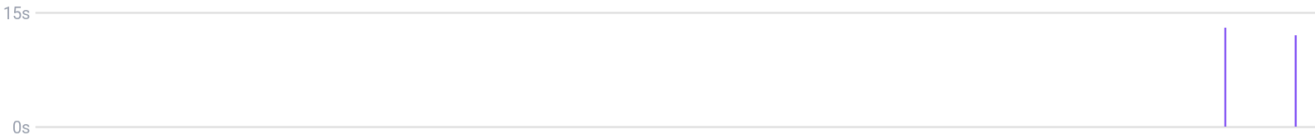
Oxygen Saturation (SpO2)



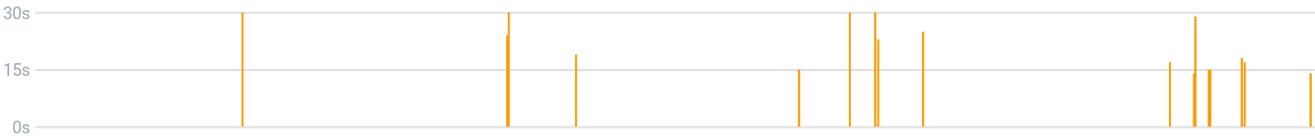
Obstructive Respiratory Events



Central Respiratory Events



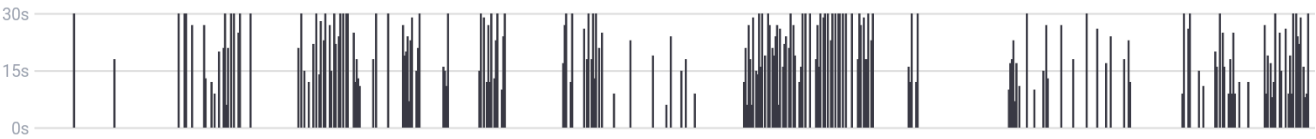
Respiratory Effort Related Arousals (RERA)



Arousals



Desaturations



The total 3% hypoxic burden for the patient was 98.76%/min/hr based on 232 desaturation events.

Recording Date: Fri, Feb 13, 26

Respiratory & Oxygen Saturation

	Count	Index /hr		Count	Index /hr
RDI	268	35.9	Obstructive Respiratory	235	31.5
AHI	240	32.1	Central Respiratory	5	0.7
			RERA	28	3.8
			Desaturation	253	33.9

SpO2 (Sleep)	%	Oxygen Saturation	Time in Range
Minimum	70%	Time between 90 - 80	1h 17m 23s (17.3%)
Mean	93%	Time between 80 - 70	3m 11s (0.7%)
Maximum	99%	Time between 70 - 60	3s (0.0%)
		Time between 60 - 50	0s (0.0%)
		Time between 89 - 0	1h 4m 3s (14.3%)
		Time between 88 - 0	46m 32s (10.4%)

Sleep

Recording stats		Sleep stats		Stage	Duration	Percent (TST)
Total Recording Time (TRT)	7h 48m 12s	Sleep Efficiency	95.7%	Wake	20m 12s	--
Total Sleep Time (TST)	7h 28m	Sleep Latency	6m 30s	Light	5h 27m	73.0%
Lights Off	11:47 PM	Wake After Sleep Onset	13m 42s	Deep	42m	9.4%
Lights On	07:36 AM			REM	1h 19m	17.6%

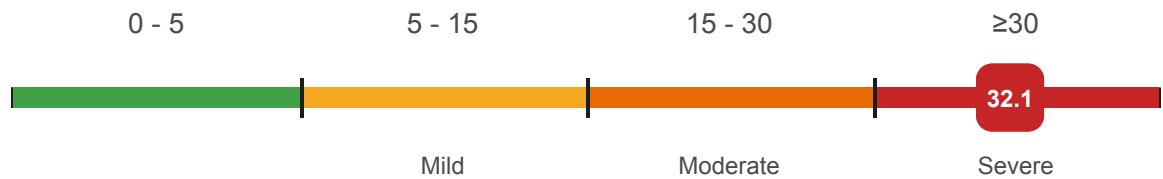
Cardiac

Heart Rate (sleep)		Time in Range	
Minimum	50.0	Time between 150 - 90	2m (0.3%)
Mean	69.0	Time between 90 - 50	7h 27m (99.7%)
Maximum	139.0	Time between 50 - 0	0m (0.0%)

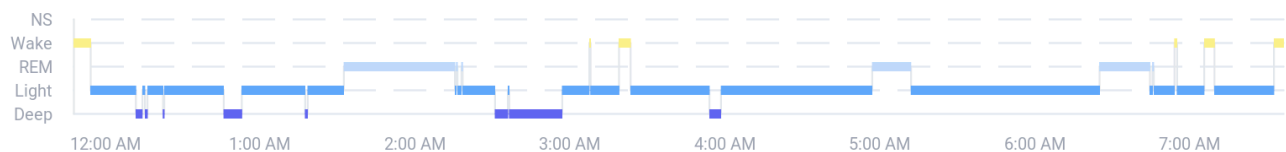
Event Summary

	AHI	RDI	Obstructive Respiratory	Central Respiratory	Desaturation
3% Count	240	268	235	5	253
3% Index	32.1	35.9	31.5	0.7	33.9
3% Mean Duration (seconds)	24.5s	24.8s	24.7s	16.2s	27.8s
3% Max Duration (seconds)	55s	55s	55s	25s	88s
3% REM Index	9.9	12.9	9.1	0.8	9.9
3% Non-REM Index	36.9	40.8	36.3	0.7	39.0

AHI: 32.1
(3% - adult)



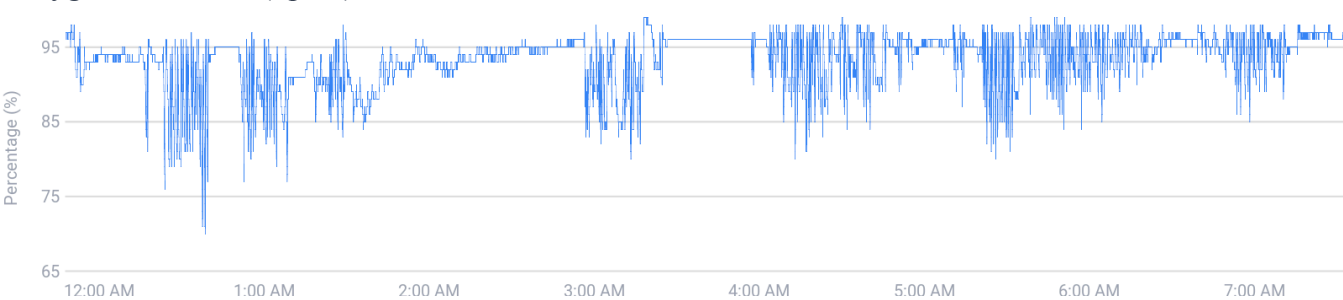
Sleep Stages



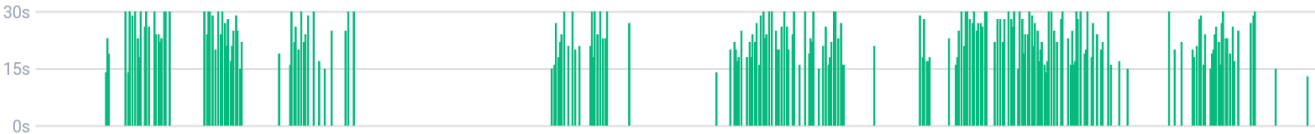
Heart Rate



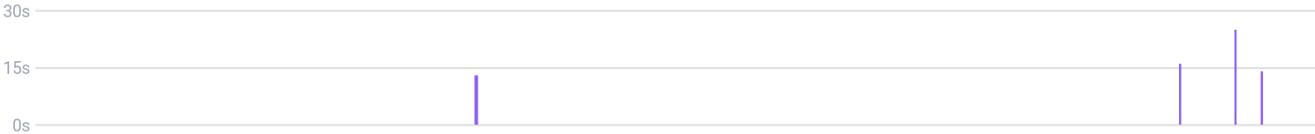
Oxygen Saturation (SpO2)



Obstructive Respiratory Events



Central Respiratory Events



Respiratory Effort Related Arousals (RERA)



Arousals



Desaturations



The total 3% hypoxic burden for the patient was 100.27%min/hr based on 253 desaturation events.

Recording Date: Sun, Feb 15, 26

Respiratory & Oxygen Saturation

	Count	Index /hr		Count	Index /hr
RDI	151	21.3	Obstructive Respiratory	127	17.9
AHI	134	18.9	Central Respiratory	7	1.0
			RERA	17	2.4
			Desaturation	178	25.1
SpO2 (Sleep)		%	Oxygen Saturation		Time in Range
Minimum		78%	Time between 90 - 80		48m 15s (11.3%)
Mean		93%	Time between 80 - 70		1m 11s (0.3%)
Maximum		99%	Time between 70 - 60		0s (0.0%)
			Time between 60 - 50		0s (0.0%)
			Time between 89 - 0		36m 11s (8.5%)
			Time between 88 - 0		24m 27s (5.7%)

Sleep

Recording stats		Sleep stats		Stage	Duration	Percent (TST)
Total Recording Time (TRT)	7h 30m 21s	Sleep Efficiency	94.6%	Wake	24m 21s	--
Total Sleep Time (TST)	7h 6m	Sleep Latency	5m	Light	4h 45m 30.0s	67.0%
Lights Off	12:57 AM	Wake After Sleep Onset	19m 21s	Deep	1h 30m 30s	21.2%
Lights On	08:27 AM			REM	50m	11.7%

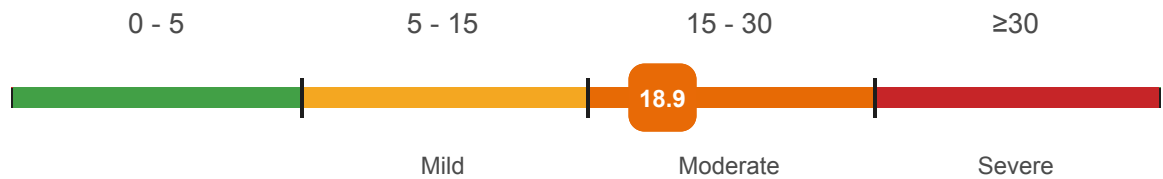
Cardiac

Heart Rate (sleep)		Time in Range	
Minimum	70.0	Time between 150 - 90	18m (4.1%)
Mean	80.0	Time between 90 - 50	6h 52m (96.8%)
Maximum	120.0	Time between 50 - 0	0m (0.0%)

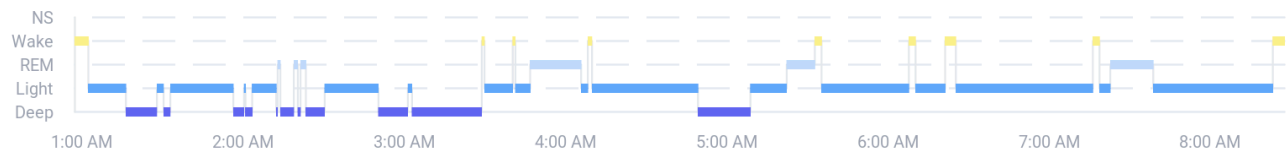
Event Summary

	AHI	RDI	Obstructive Respiratory	Central Respiratory	Desaturation
3% Count	134	151	127	7	178
3% Index	18.9	21.3	17.9	1.0	25.1
3% Mean Duration (seconds)	20.9s	20.7s	21.2s	15.7s	23.0s
3% Max Duration (seconds)	58s	58s	58s	24s	70s
3% REM Index	16.8	20.4	16.8	0.0	22.8
3% Non-REM Index	19.1	21.4	18.0	1.1	25.4

AHI: 18.9
(3% - adult)



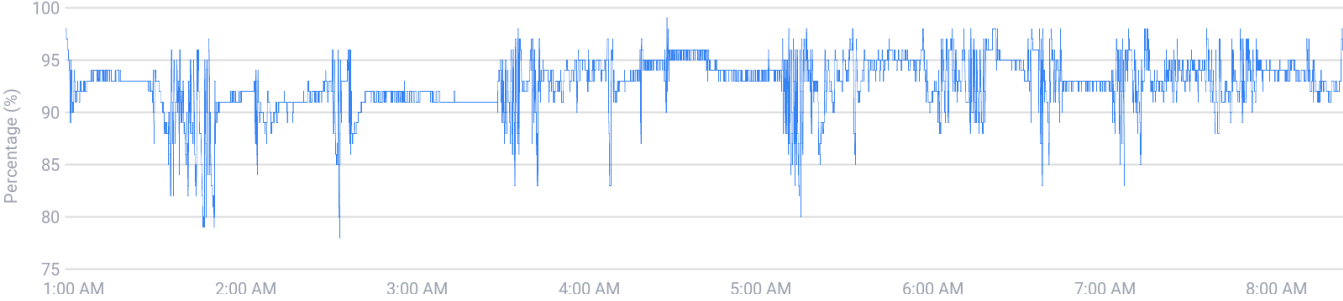
Sleep Stages



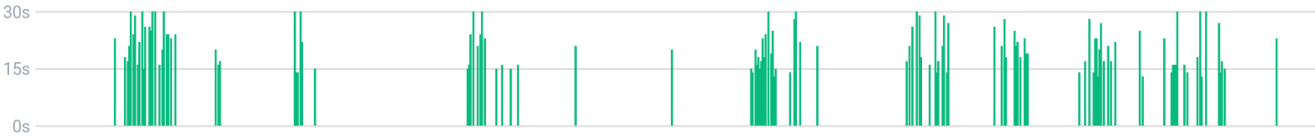
Heart Rate



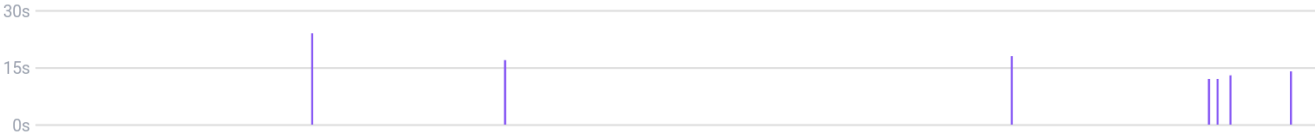
Oxygen Saturation (SpO2)



Obstructive Respiratory Events



Central Respiratory Events



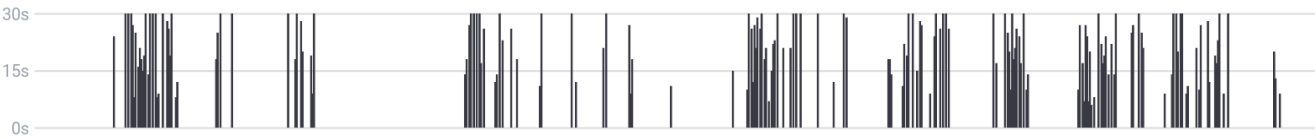
Respiratory Effort Related Arousals (RERA)



Arousals



Desaturations



The total 3% hypoxic burden for the patient was 52.14%/min/hr based on 178 desaturation events.