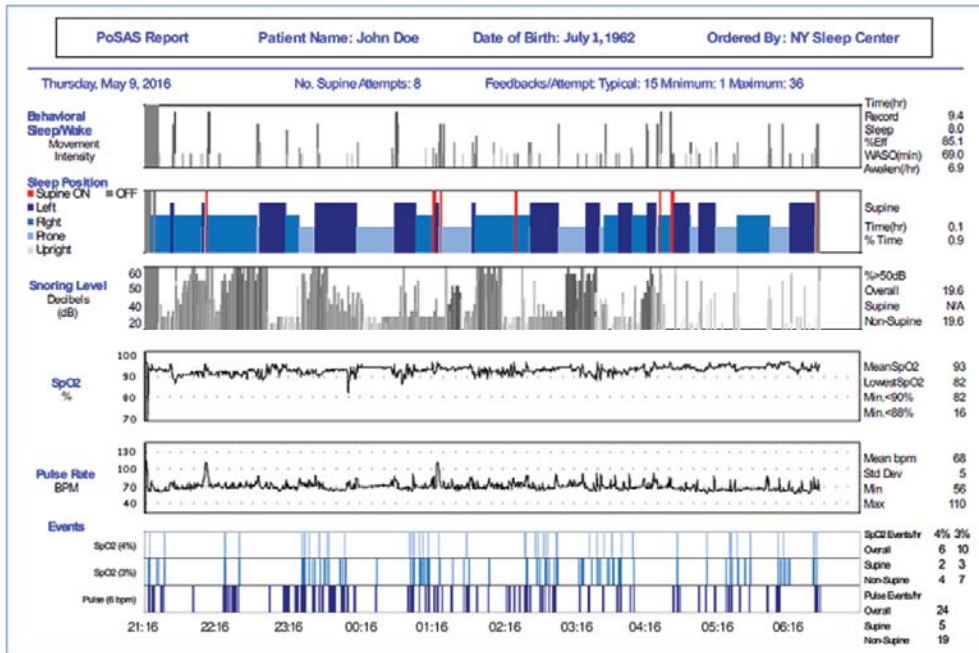


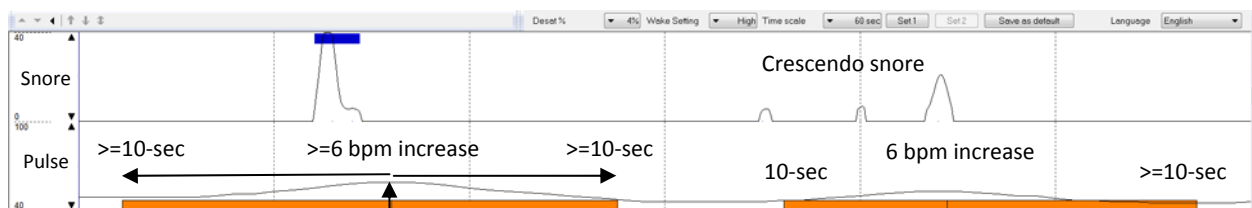
Positional Sleep Assessment Software Interpretation Supplement



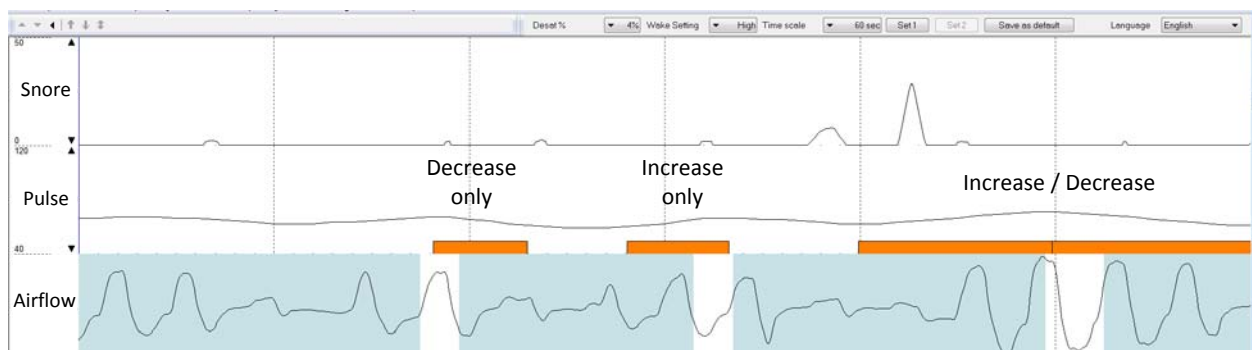
KEY MEASURES

- ← Sleep Efficiency
- ← WASO
- ← Awakenings
- ← Positional Snoring
- ← Hypoxic exposure
- ← Positional oxygen desaturation indexes (SpO2) & autonomic activation indexes (Pulse)

Pulse events per hour count the number of autonomic activations of the nervous system, typically in response to changes in respiration or movement during sleep. Autonomic activation / pulse events are detected when there is a 6 beat per minute (bpm) increase and/or decrease in pulse rate compared to the previous/subsequent 10th second. One event is counted each time the rule is satisfied by either the increase, or decrease or both. The index is based on the total number of pulse events divided by the recording time.



Physiology associated with pulse events/autonomic activation



For purposes of interpretation, when the SpO2 events per hour (oxygen desaturation index) is substantially lower than the pulse events per hour (autonomic activation index), it could indicate underlying sleep disordered breathing that does not meet the minimum of a 3% reduction in oxyhemoglobin saturation. A disparity between these two measures could also assist in identifying individuals with hyperarousals that contribute to reports of poor sleep.