

Patient: LISA KNIGHT
Unit Record # 2942227
Study Date: 23/08/2024
Date of Birth: 6/12/1977
Weight: 79 kg

Physician: Dr A Chazan
Recording Site: Camberwell
Gender: Female
Height: 158 cm
BMI: 31.6 kg/m²

MULTIPLE SLEEP LATENCY TEST

Protocol

This polysomnographic procedure is designed to evaluate (1) the complaint of excessive daytime sleepiness by quantifying the time required to fall asleep and (2) the possibility of narcolepsy by checking for abnormally short latencies to REM sleep. Electrographic variables include EEG, EMG, EOG and ECG. Patients are monitored in four or five 20-minute trials (naps) throughout the day. For each nap, the patient is allowed 20 minutes to fall asleep. Between naps, the patient is kept as alert as possible. *A sleep latency of 20 minutes indicates that no sleep occurred.*

Parametric Analysis

Total Number of Naps		4			
NAP #	Time of Nap	Sleep Latency (mins)	REM Latency (mins)	Sleep Time Percent	Awake Time Percent
1	07:57:34	5.0	-	78.8	21.2
2	09:43:34	14.0	-	55.6	44.4
3	11:36:04	15.5	-	50.8	49.2
4	13:25:34	5.0	-	76.2	23.8
5	-	-	-	-	-

Mean Values for all Naps	
Mean Sleep Latency	9.9
Mean REM Latency	-
Number of REM Episodes	0
Number of Naps with REM Episodes	0

Results from Preceding PSG Study			
Sleep Onset Time	22:36:35	Sleep Efficiency (%)	87.3
Rise Time	06:41:04	Sleep Latency (min)	13.0
Total Sleep Time	427.5	REM Latency (min)	204.0

Robert Giles
Sleep Scientist
Analysis date: 23/08/2024

Conclusion:

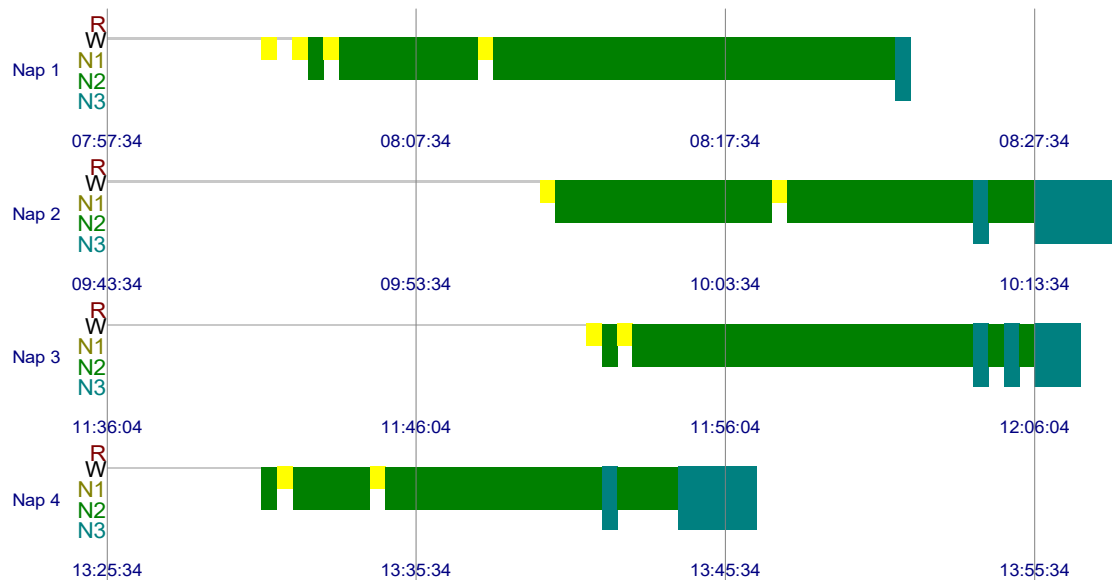
The patient slept in all 4 nap sessions with mean sleep latency 9.9 mins. There were no sleep-onset REM periods.

This result indicates increased sleep propensity.

Dr Adrian Chazan
Respiratory & Sleep Physician

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MSLT HYPNOGRAMS



Procedure: PSG on Compumedics Grael equipment. International 10-20 EEG electrode placement used on all studies. Record EEG, EOG, sub-mental EMG, ECG, dB. Digital video recorded for all studies. Treatment with CPAP, Bi-level PAP, ASV, APAP, oxygen, TcCO₂ monitoring as requested by consultant. Staged and scored according to AASM (version 2.3, 2016).