



# SLEEP ENGINEERING REPORT

## FOR

10 October 2023

Snoozfit Confidential

[www.snoozfit.com](http://www.snoozfit.com)   [contact@snoozfit.com](mailto:contact@snoozfit.com)

<b>Name</b>	
<b>Sex</b>	<b>Male</b>
<b>Date</b>	<b>10 October 2023</b>
<b>Age</b>	<b>41</b>
<b>Weight (kgs)</b>	<b>85</b>
<b>Objective</b>	<b>Optimize Sleep &amp; Recovery</b>
<b>Email ID</b>	
<b>Mobile Number</b>	
<b>Occupation</b>	<b>Working Professional</b>
<b>Typical Time to Bed</b>	<b>11.30 PM</b>
<b>Typical Wake Up Time</b>	<b>08.30 AM</b>
<b>City</b>	<b>Pune</b>

# WHAT IS SLEEP ENGINEERING?



BASELINE



ANALYZE



IMPROVE

*Sleep Engineering is a scientific approach to identify an individual's Unique Sleep Signature and associated influencing factors.*

## ***Baseline Sleep & Recovery***

*Sleep Engineering is a scientific approach of analyzing one's sleep & recovery patterns over three (3) to five (5) nights, using a state-of-the-art, medical-grade, sleep sensor placed beneath one's mattress.*

## ***Analyze Impact Factors***

*By integrating sleep data with one's daily activities, we are able to identify factors that impact sleep, and establish one's unique **Sleep Signature**, taking into account one's constraints and physiological needs.*

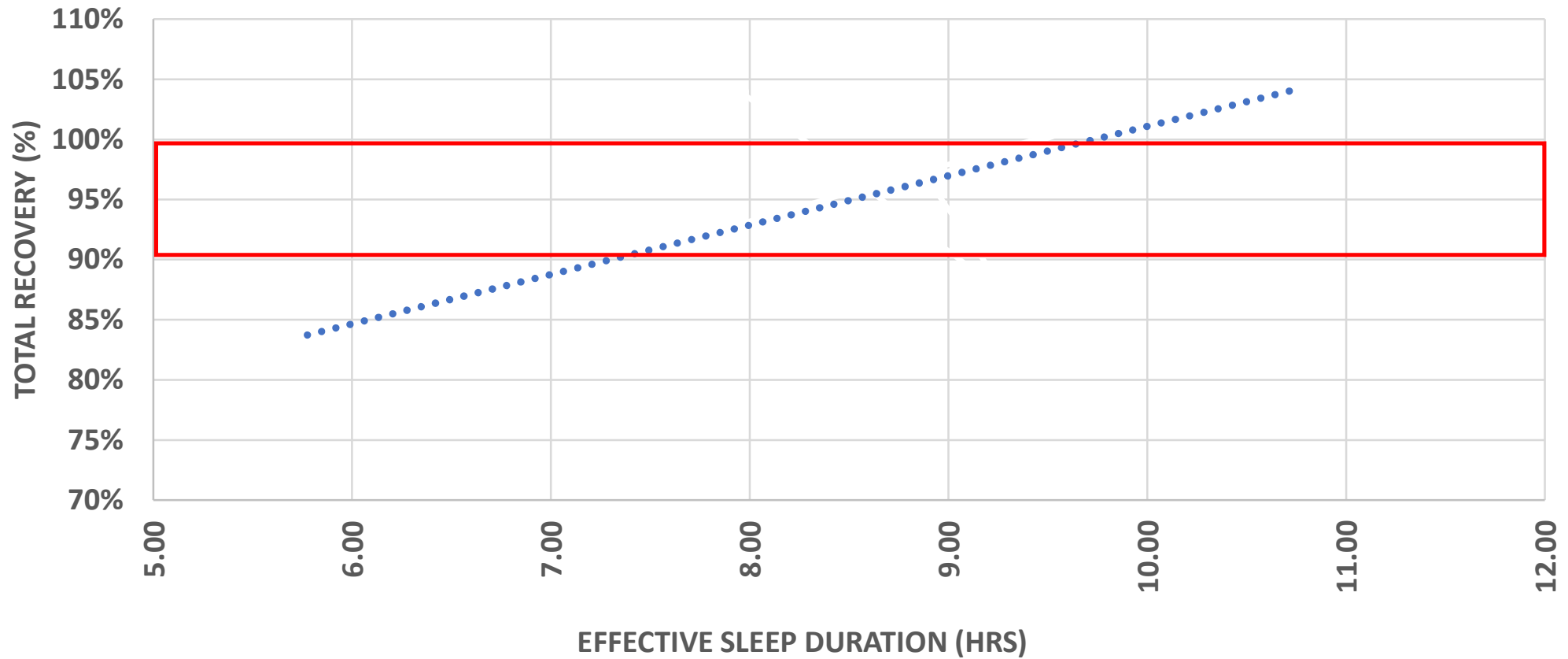
## ***Optimize Sleep & Recovery***

*Finally, our **sleep coaches** will help you maximize your sleep & recovery by providing*

# SUMMARY & RECOMMENDATIONS

# YOUR UNIQUE SLEEP SIGNATURE

## YOUR UNIQUE SLEEP SIGNATURE



This is your unique sleep signature! Use it to plan your sleep routine such that your daily recovery is the 90% to 100% band.

# YOUR IMPACT FACTORS



Impact Factor	Relative Impact
Sleep Routine	Low
Sleep Apnoea	Medium
Digital Detox	High

Sleep Routine

Sleep Apnoea

Digital Detox

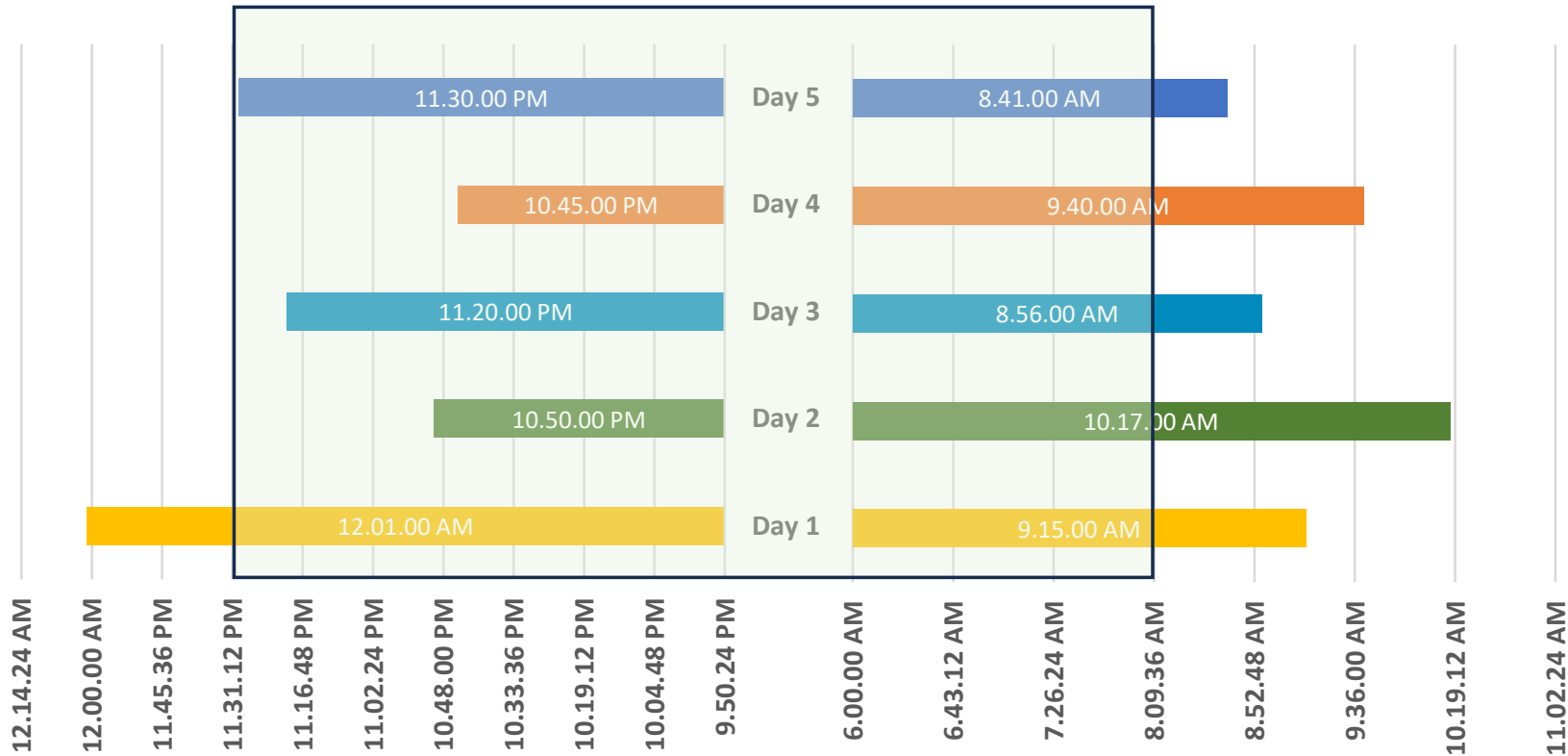
These are your key impact factors. Work on the ones that are under your control and keep a log of the impact on your sleep quality!

# YOUR IDEAL SLEEP ROUTINE

<b>Ideal Time to Bed</b>	<b>11.30.00 PM</b>	range of $\pm$ 30 Mins
<b>Ideal Wake up Time</b>	<b>8.00.00 AM</b>	
<b>Effective Sleep Duration (hrs)</b>	<b>8.50</b>	
<b>Your Expected Recovery (%)</b>	<b>95%</b>	

## TIME TO BED

## WAKE UP TIME



This is your  
unique sleep  
plan!

Consistency is  
the key.

Your body will  
recover better if  
you maintain a  
consistent sleep  
routine, even on  
weekends.

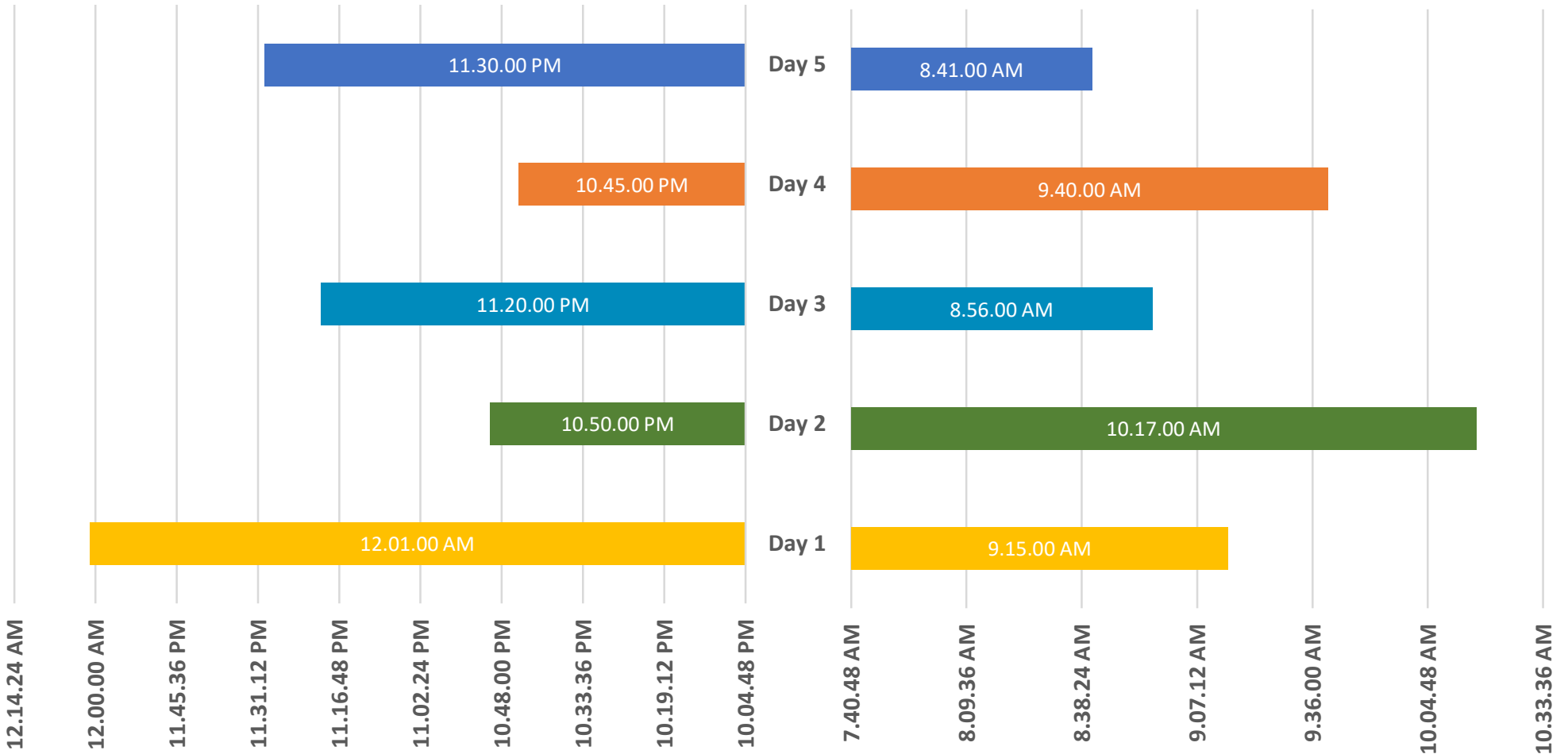
SLEEP DATA



# YOUR SLEEP HYGIENE

## TIME TO BED

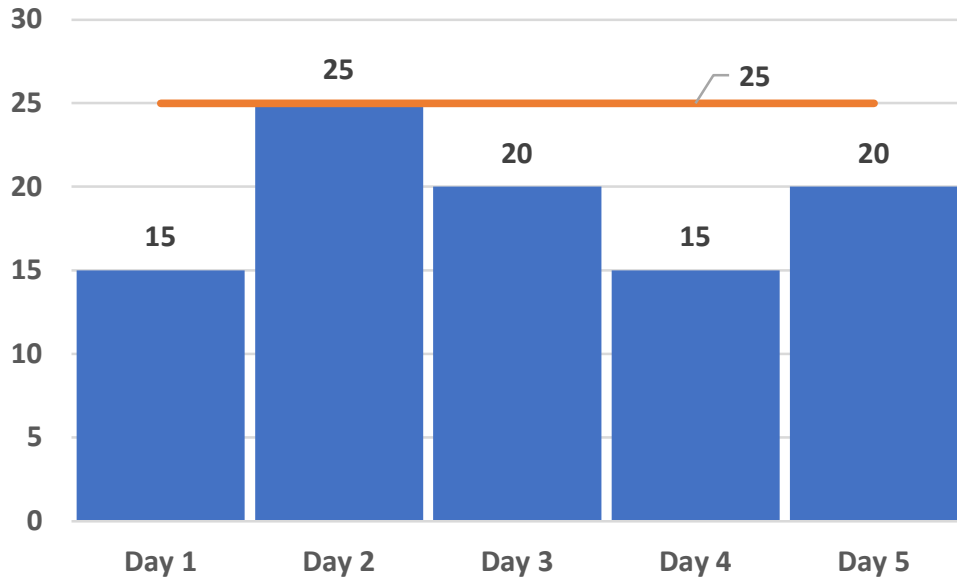
## WAKE UP TIME



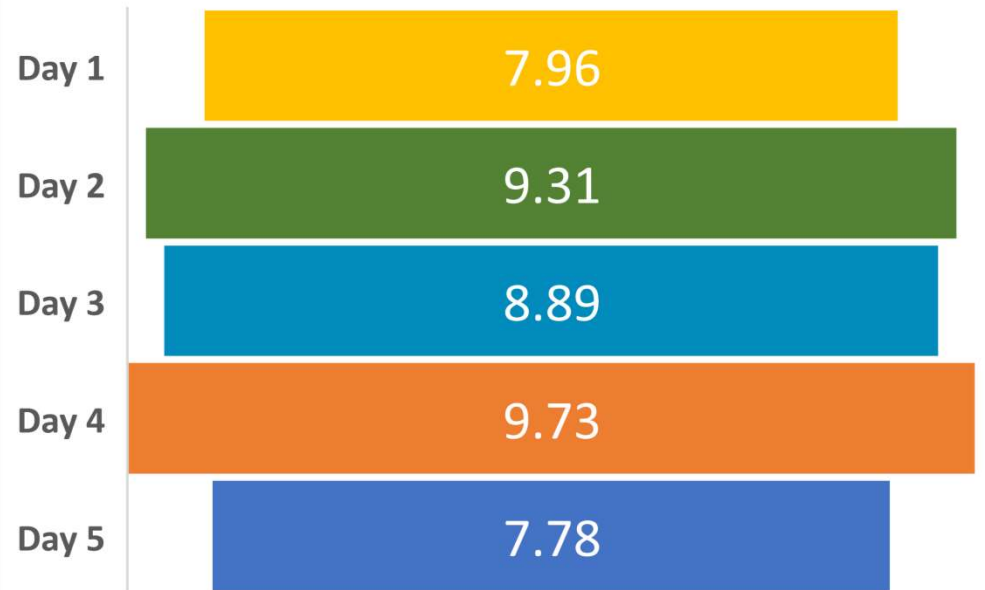
**IDEALLY, YOUR TIME TO BED & WAKE UP TIME VARIANCE SHOULD BE AROUND  $\pm 30$  MINS ACROSS NIGHTS**

# YOUR SLEEP PARAMETERS

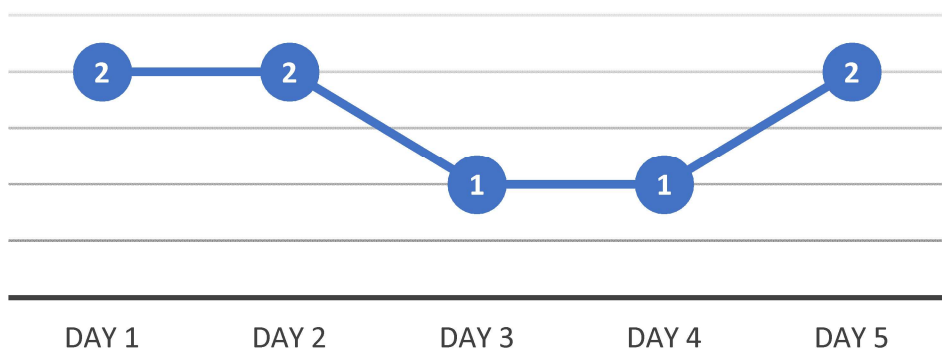
## TIME YOU TOOK TO INITIATE SLEEP



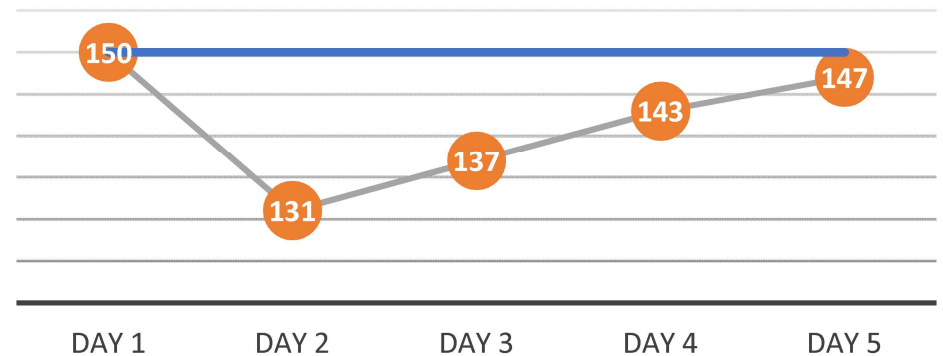
## YOUR EFFECTIVE SLEEP DURATION



## MID SLEEP AWAKENINGS

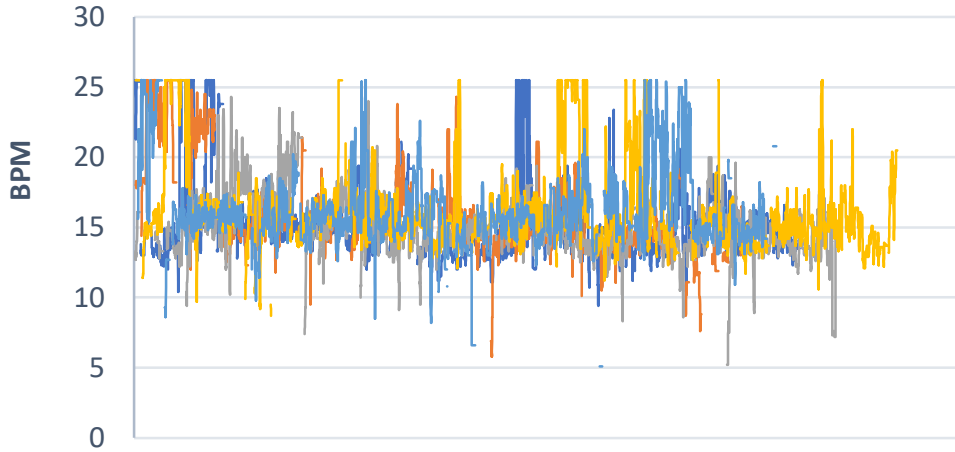


## TOSSING & TURNING COUNT

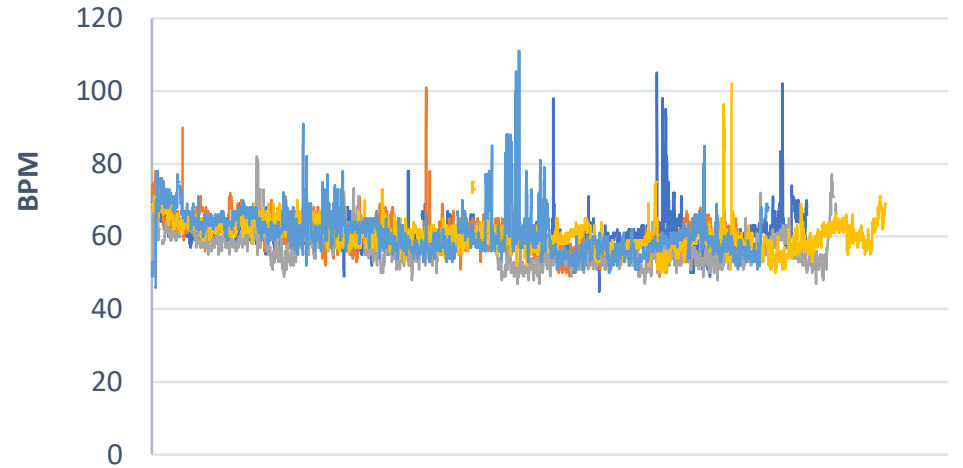


# YOUR VITALS DURING SLEEP

## RESTING BREATHING RATE TREND

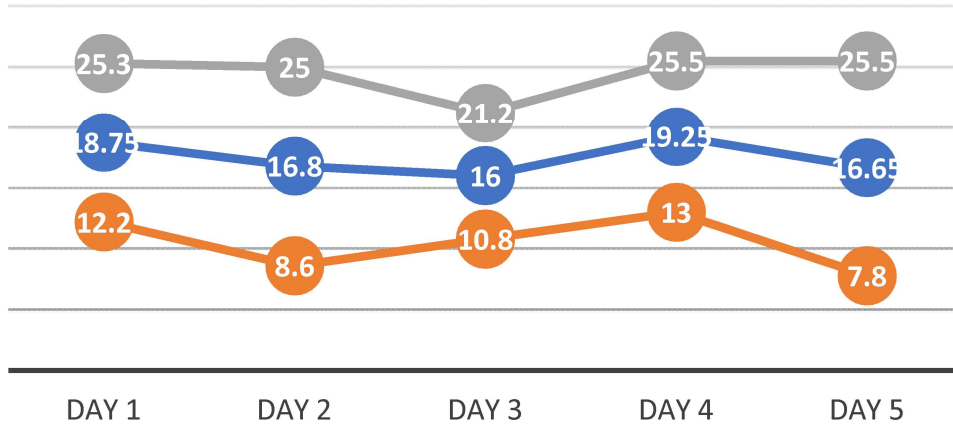


## RESTING HEART RATE TREND



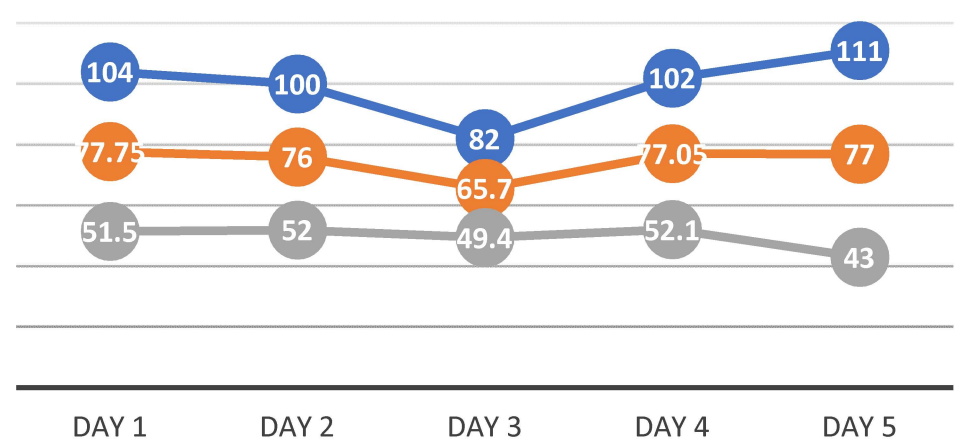
## RESTING BREATHING RATE

● Avg BR ● Min BR ● Max BR



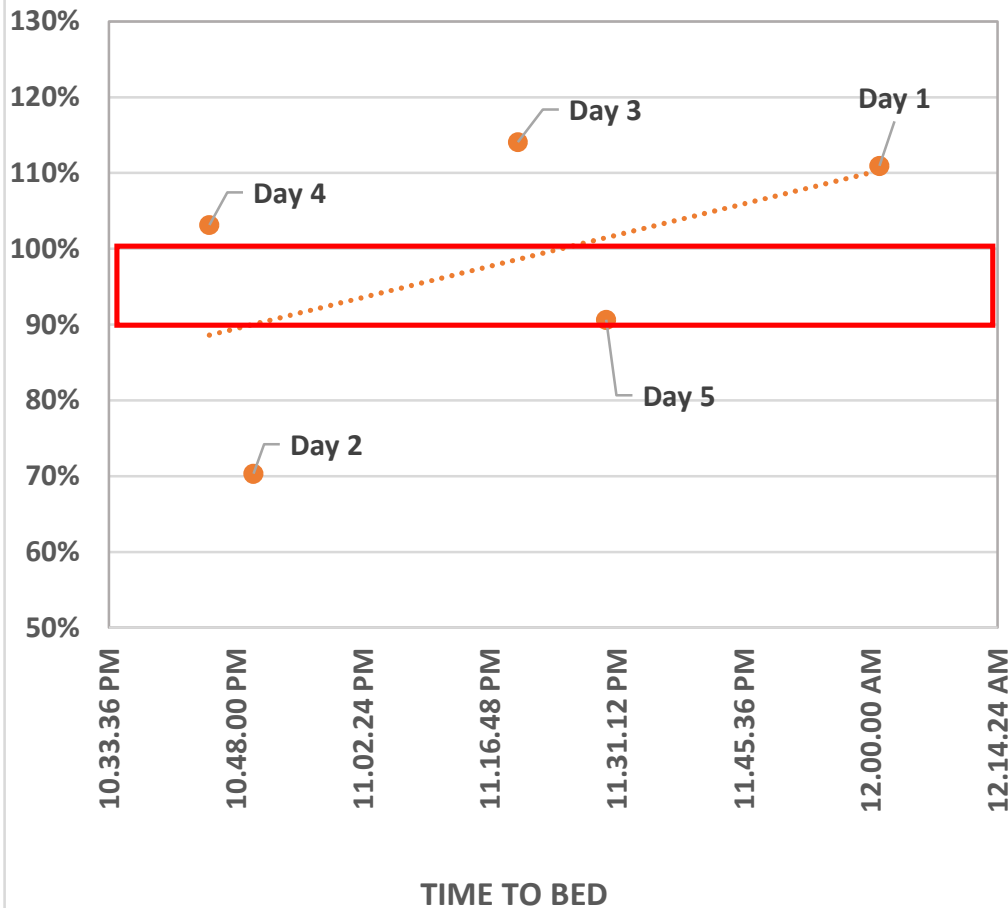
## RESTING HEART RATE

● Max HR ● Avg HR ● Min HR

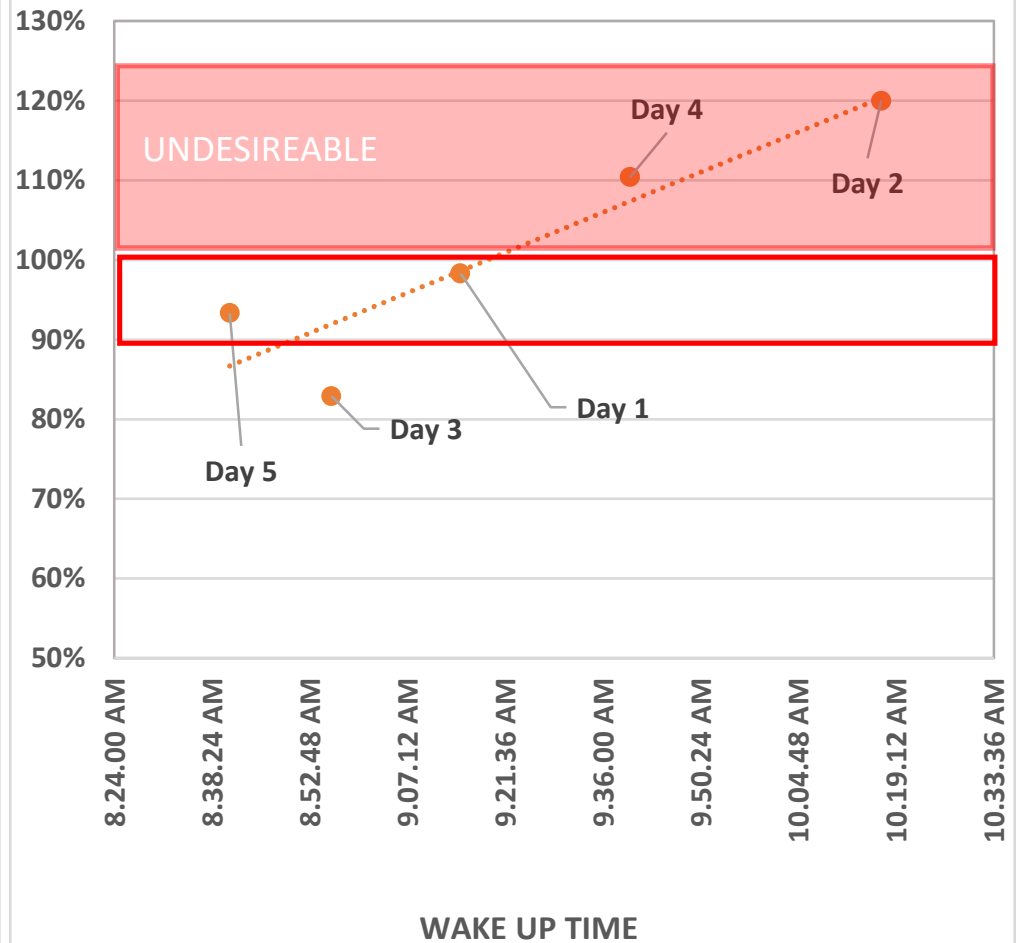


# MIND & BODY RECOVERY

## PHYSICAL RECOVERY



## MIND RECOVERY



***Physical recovery is important for your organs; Mind Recovery is exclusive for your Brain. Physical***

***recovery happens in the 1st half of sleep, while Mind Recovery happens in the 2nd half of sleep!***

# YOUR SLEEP APNOEA INDEX

## EVENT DATA SPO<sub>2</sub>

Total Events	160
Time in Events (Minutes)	81.18
Avg. Event Duration (Seconds)	30.44
Basal SpO <sub>2</sub> (%)	99
Time (Minutes) < 88%	0
Events < 88%	0
Minimum SpO <sub>2</sub> (%)	89

## OSA STUDY RESULTS

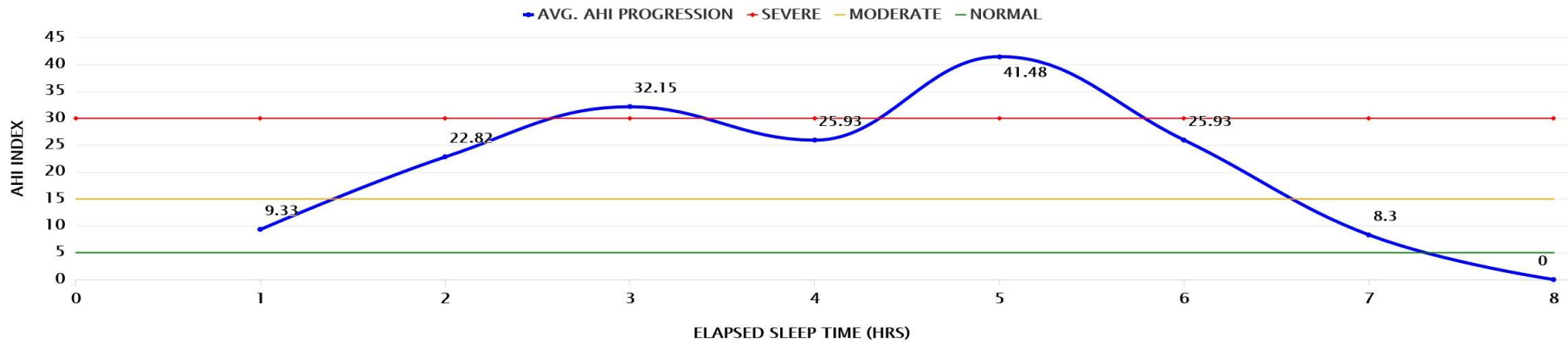
Effective Sleep Apnoea Study Recording Duration (Hours)	5.35
Total Obstructive Apnoeas	72
Total Hyponeas	88
Total Central Apnoeas	6
Average AHI Index	29.91
AHI INTERPRETATION	Moderate Sleep Apnoea
Max AHI Index	41.48
Max AHI INTERPRETATION	Severe Sleep Apnoea

### Analysis Parameters:

Desaturation Event: Drop in SPO<sub>2</sub> by at least 3%, for a minimum duration of 10 Seconds

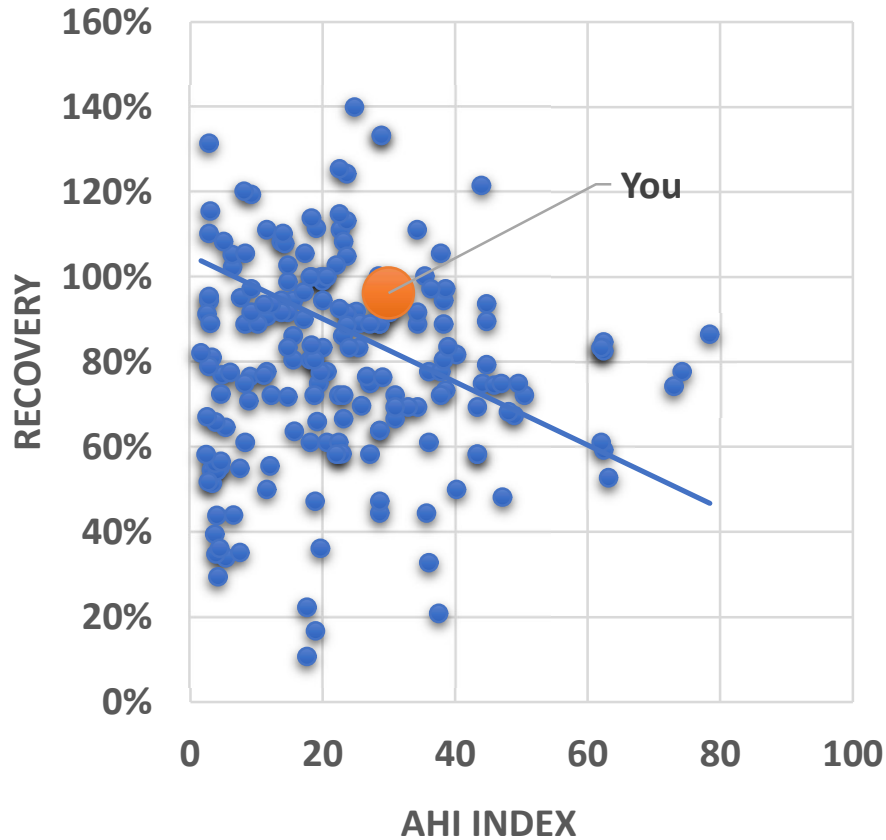
### AHI Guidelines:

Normal= <5 per hr; Mild=5 to 15 per hr; Moderate=15 to 30 per hr; Severe=>30 per hr

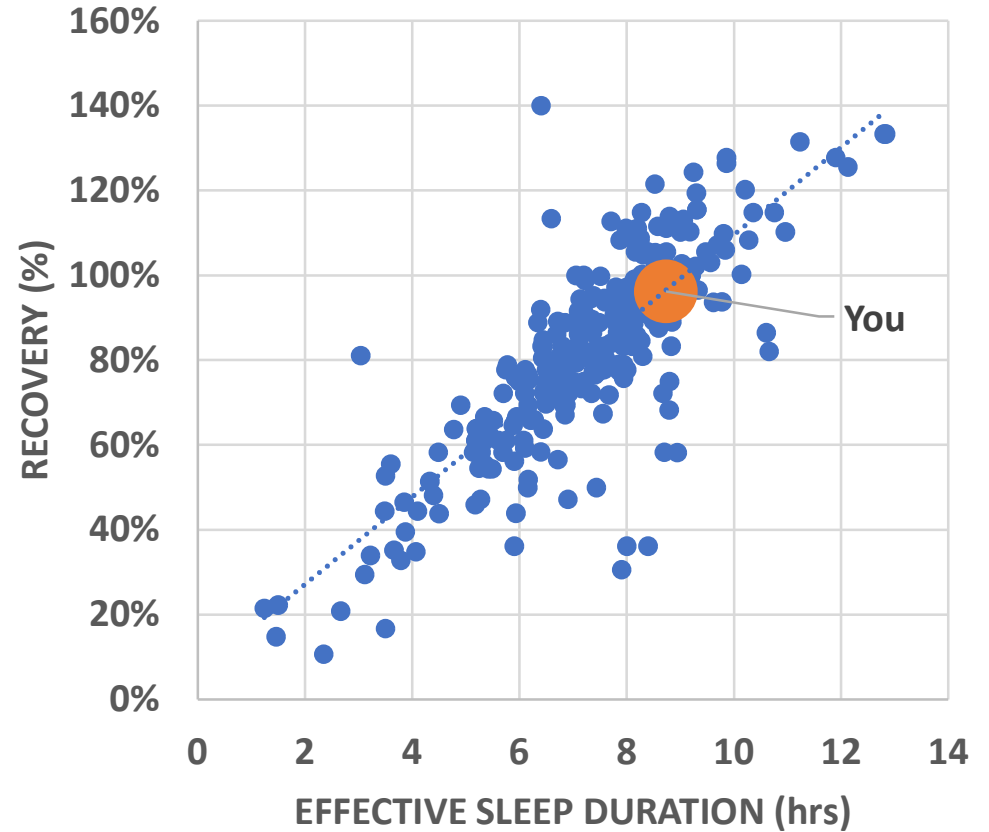


# COMPARE YOUR APNOEA INDEX & IMPACT ON RECOVERY

## AHI INDEX vs. RECOVERY



## SLEEP DURATION vs. RECOVERY



Use this data to estimate your recovery improvement by reducing your AHI Index

# WHAT YOU TOLD US ABOUT YOUR SLEEP

← NOT SO GOOD	GOOD →	
1 2 3 4 5		Did you feel refreshed after sleep?
1 2 3 4 5		Did you wake up with an alarm?
1 2 3 4 5		Did you feel sleeping during the day?
1 2 3 4 5		Did you nap during the day?
1 2 3 4 5		Did you have your breakfast on time?
1 2 3 4 5		Did you have your dinner at least 2 hrs before bed time?
1 2 3 4 5		Did you consume any Caffeine or sugary beverages (soda) 3 hrs before sleep?
1 2 3 4 5		Did you get some exercise today?
5 4 3 2 1		Did you switch off all gadgets 60 mins before sleep?
1 2 3 4 5		Were you stressed before going to bed?



SLEEP ENGINEERING EXPERTS!

[WWW.SNOOZFIT.COM](http://WWW.SNOOZFIT.COM)

[contact@snoozfit.com](mailto:contact@snoozfit.com)