



1722 Pine Street, Suite 900
Montgomery, AL 36106
334-264-0222
334-264-0295
www.jackson.org

Jackson Sleep Disorders Center

Fax

Reviewed
Hayley

TO: ARM FROM: Dionne W.
Registrar/ Secretary/ Insurance
FAX: 334.244.3396 PAGES: 7 total
PHONE: DATE: 8/11/25
RE: CC:

☐ Urgent ☐ For Review ☒ Sleep Study(s) ☐ Please Reply ☐ Please Recycle

requested study

Gingas, Kendra

Confidentiality Notice

The documents accompanying this telecopy transmission may contain confidential information belonging to the sender that is legally privileged. This information is intended only for use of the individual or entity named above. The authorized recipient of this information is prohibited from re-disclosing this information to any other party without obtaining the patient's consent and is by law. If you have received this fax in error, please notify the sender immediately by telephone, to arrange the return of the documents.

OneContent: Generated By JH/woodch

JACKSON SLEEP DISORDERS CENTER

1722 Pine St., Suite 900 • Montgomery, AL 36106 • Ph: 334-264-0222

Patient Name: Griggs, Kendra

Sex: F
D.O.B.: 3/9/1997
Age: 28 years
Height: 64.0 in.
Weight: 153.7 lbs.
B.M.I.: 26.4 lb/in²

Study Date: 7/16/2025
Study Number: 886829
Referring Physician: S. Allen Ensminger, MD
Interpreting Physician: Lisa Williams, MD
Recording Tech: Kaitlyn Cherry
Scoring Tech: Kaitlyn Cherry

ADULT PSG REPORT

STUDY INDICATIONS: This study was conducted in order to evaluate the patient for Obstructive Sleep Apnea (OSA).

PROCEDURE: Polysomnography was conducted on the night of 7/16/2025. The following parameters were monitored: frontal, central and occipital EEG, electrooculogram (EOG), submental EMG, nasal and oral airflow, anterior tibialis EMG, body position and electrocardiogram. Additionally, thoracic and abdominal movements were recorded by inductance plethysmography. Oxygen saturation (SpO₂) was monitored using a pulse oximeter. The tracing was scored using 30 second epochs. Hypopneas were scored per AASM definition (3% and 4% desaturations).

SLEEP ARCHITECTURE: The exam started at 9:28:18 PM and ended at 5:29:24 AM. Sleep Latency was 40.0 minutes at 10:08:18 PM, and REM Latency from sleep onset was 192.0 minutes. Total Sleep Time was 404.0 minutes with a Sleep Efficiency rating of 84.0%. The sleep stage distribution reflected 0 min. of stage N1 (0.0%), 292.5 min. of stage N2 (72.4%), 45.0 min. of N3 (11.1%), and 66.5 min. of REM sleep (16.5%). The total amount of wake after sleep onset (WASO) was 37.1 minutes and there were 34 arousals during the exam with a total Arousal Index of 5.0 per hour. The Spontaneous Arousal Index was 1.0.

RESPIRATORY DATA: The apnea-hypopnea index (AHI-3%) was 0.4 per hour. The apnea-hypopnea index (AHI-4%) was 0.0 per hour. The apnea index was 0.0 per hour and the hypopnea index was 0.4 per hour. There were 3 respiratory events consisting of 0 obstructive apneas, 0 mixed apneas, 0 central apneas, 3 hypopneas and 0 respiratory effort-related arousals (RERAs). The respiratory disturbance index (RDI-3%) was 0.4 per hour. The respiratory disturbance index (RDI-4%) was 0.0 per hour. The average event duration was 10.0 seconds, and the maximum duration was 10.0 seconds. The AHI during REM sleep was 1.8 per hour. Cheyne Stokes was not observed.

The AHI (3%) is 0.4, REM AHI is 1.8, Supine AHI is 0.4.
 The AHI (4%) is 0.0, REM AHI is 0.0.
 The CAHI (3%) is 0.00. The CAI is 0.0.

OXYHEMOGLOBIN SATURATION: Mean oxyhemoglobin saturation was 96%. Oxyhemoglobin saturation was below 89% for 0.0 minutes or 0.00% of the total sleep time. The SpO₂ ranged from 93% to 98% during sleep.

ELECTROCARDIOGRAM: Mean sleeping heart rate was 65.3 beats per minute. The heart rate ranged from 54 to 112. Cardiac rate and rhythm was normal sinus rhythm.

LIMB MOVEMENTS OF SLEEP: The total number of Limb movement with and without arousal was 87 at 12.9/ per hour of sleep. The limb movement arousal index was 4.0 events per hour of sleep. The total number of Periodic Limb movement with and without arousal was 15 at 2.2 events per hour of sleep. The Periodic Limb Movement Arousal Index was 0.9 events per hour of sleep.

ETCO₂: Mean end tidal CO₂ during total sleep time was . The end tidal CO₂ was >55 mmHg for a total of minutes. The mean and tidal CO₂ during wake stage was .

Recording Tech Notes: (Kaitlyn Cherry) See Summary Sheet.

OneContent: Generated By JHWoodch

Patient Name: **Griggs, Kendra**, Study Date: **7/16/2025**

DIAGNOSIS: G47.10 Hypersomnia

F41.1 Anxiety F32.9 Depression

INTERPRETATION AND RECOMMENDATIONS:

Overnight sleep study was performed for excessive daytime sleepiness. The patient has history of anxiety and depression. Sleep efficiency was 84%. There was no evidence obstructive sleep apnea. Oxygen saturation was normal at 93%.

Impression: Excessive daytime sleepiness no evidence obstructive sleep apnea

Recommendation: Increase sleep time. Improve sleep hygiene. No indication for CPAP.

I have conducted a review of the raw data. All reports are signed electronically.

DICTATED: 7/17/2025

TRANSCRIBED: 7/17/2025

Electronically signed by: Lisa J. Williams, M.D.

Signed date and time: 7/17/2025 2:58 PM

cc: Lindsey Barton, CRNP

OneContent: Generated By JH\woodch

JACKSON SLEEP DISORDERS CENTER

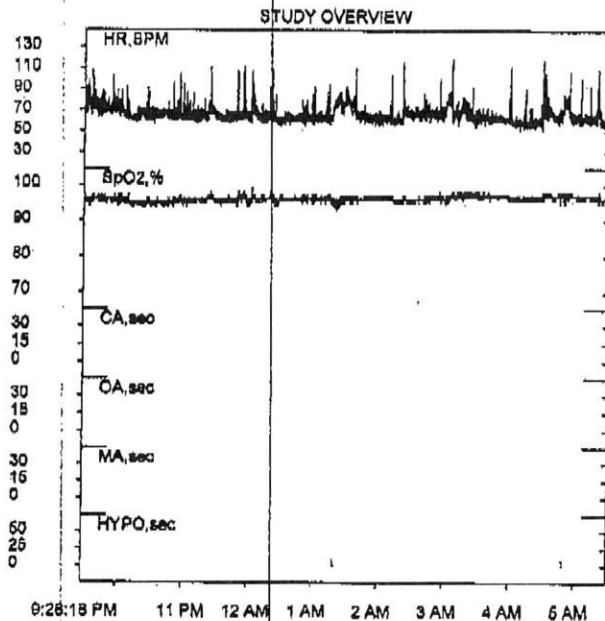
1722 Pine St., Suite 900 • Montgomery, AL 36106 • Ph: 334-264-0222

POLYSOMNOGRAPHY REPORT

PATIENT DATA		RECORDING DATA	
Patient name (last, first):	Griggs, Kendra	MRN #:	886829
Gender:	Female	Acq #:	801656
Birth date:	3/9/1997	Start Time:	7/16/2025 at 8:42:48 PM
Patient age:	28 years	Stop Time:	7/17/2025 at 5:33:30 AM
Height:	64.0 in.	Duration:	8:50:42 hours (530.7 min)
Weight:	153.7 lbs.	Referring Physician:	S. Allen Ensminger, MD
BMI:	26.4 lb/in ²	Interpreting Physician:	Lisa Williams, MD
Epworth:	13 / 24	Scoring Tech:	Kaitlyn Cherry
Neck:	15.0 in.	Recording Tech:	Kaitlyn Cherry

Procedure:

Polysomnography was conducted on the night of 7/16/2025. The following parameters were monitored: frontal, central and occipital EEG, electrooculogram (EOG), submentalis EMG, nasal and oral airflow, anterior tibialis EMG, body position and electrocardiogram. Additionally, thoracic and abdominal movements were recorded by Inductance plethysmography. Oxygen saturation (SpO2) was monitored using a pulse oximeter. The tracing was scored using 30 second epochs. Hypopneas were scored per AASM definition (3% desaturation).

QUICK GLANCE

Lights Off: 9:28:18 PM
 Lights On: 5:29:24 AM
 Total Sleep Time: 404.0
 AHI (3%): 0.4 / hr
 AHI (4%): 0.0 / hr
 CAHI (3%): 0.00 / hr
 CAI: 0.0 / hr
 Sleep Efficiency: 84.0%
 Sleep Latency: 40.0 min.
 Low SpO2%: 93 %
 PLM Index: 2.2
 Spontaneous Index: 1.0 / hr
 N1 %: 0.0%
 N2 %: 72.4%
 N3 %: 11.1%
 REM %: 16.5 %

OneContent: Generated By JH/woodch

Patient Name: Griggs, Kendra, Study Date: 7/16/2025

SLEEP DATA			
Lights Off (LO): 9:28:18 PM		Lights On (LON): 5:29:24 AM	
DURATIONS			
Time In Bed:	481.1 min	Sleep Efficiency:	84.0%
Sleep Period Time:	441.0 min	WASO:	37.1 min
Total Sleep Time:	404.0 min	TWK Time (tot):	77.1 min
SWS Time:	45.0 min	Inter-Sleep WK:	8.4%
REM Time:	66.5 min	Stage Shifts:	44
NREM Time:	337.5 min		

Latencies			Sleep Stage Distribution			
	From Sleep Onset (min)	From Lights Off (min)		Episodes (#)	Duration (min)	TIB (%)
Sleep Onset	40.0 min	40.0 min	WK (SPT):	13	37.0	--
N1:	min	min	WK (TIB):	15	77.1	16.0
N2:	0.0 min	40.0 min	REM:	3	66.5	13.8
N3:	14.0 min	54.0 min	N1:	0	0.0	0.0
REM:	192.0	232.0 min	N2:	21	292.5	60.8
			N3:	5	45.0	9.4
						11.1

RESPIRATORY DATA											
	CA	OA	MA	Apnea	Central Hypop 3%	Obs. Hypop 3%	Hypop 4%	A+H 3%	A+H 4%	RERA	Total
Number:	0	0	0	0	0	3	0	3	0	0	3
Mean Dur (sec):	0.0	0.0	0.0	0.0	0.0	10.0	-	10.0	-	0.0	10.0
Max Dur (sec):	0.0	0.0	0.0	0.0	0.0	10.0	-	10.0	-	0.0	10.0
Total Dur (min):	0.0	0.0	0.0	0.0	0.0	0.5	-	0.5	-	0.0	0.5
% of TST:	0.0	0.0	0.0	0.0	0.0	0.1	-	0.1	-	0.0	0.1
▶ Index (#/h TST):	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.4	0.0	0.0	0.4
REM Count:	0	0	0	0	0	2	0	2	0	0	2
NREM Count:	0	0	0	0	0	1	0	1	0	0	1
REM Index (#/h):	0.0	0.0	0.0	0.0	0.0	1.8	0.0	1.8	0.0	0.0	1.8
NREM Index	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.2	0.0	0.0	0.2
CAHI (3%):	0.00/hr										



Cheyne Stokes Breathing: None observed during study.

AROUSALS RECORDING DATA						
	Respiratory	Leg Movements	Snore	Spontaneous	Total	Arousal Index

OneContent: Generated By JHWoodch

Patient Name: Griggs, Kendra, Study Date: 7/16/2025

REM:	0	1	0	2	3	2.7
NREM:	0	26	0	5	31	5.5
Arousals:	0	27	0	7	34	5.0
Awakenings:	0	0	0	0	0	0.0
Arousals + Awakenings:	0	27	0	7	34	5.0
Arousals + Awakenings Index:	0.0	4.0	0.0	1.0	5.0	

BODY POSITION

RECORDING DATA

	Sleep (min)	TST (%)	REM (min)	NREM (min)	CA (#)	OA (#)	MA (#)	HYP (#)	AHI 3% (#/h)	RERA (#)	RDI (#/h)	Desat (#)
Supine	295.6	73.17	52.1	243.5	0	0	0	2	0.4	0	0.4	2
Non-Supine	108.40	26.83	14.40	94.00	0.00	0.00	0.00	1.00	0.55	0	0.55	1.00
Left:	43.4	10.74	4.9	38.5	0	0	0	0	0.0	0	0.00	0
Right:	65.0	16.09	9.5	55.5	0	0	0	1	0.9	0	0.9	1

CARDIAC SUMMARY

RECORDING DATA

	Heart	Pulse
Average Rate During Sleep:	65.5 bpm	65.3 bpm
Highest Rate During Sleep:	118 bpm	112 bpm
Highest Rate During Recording (TIB):	118 bpm	113 bpm
Lowest Rate During Sleep:	52 bpm	54 bpm

Arrhythmia Type	# Events		Rate / Duration
	Yes	No	
Bradycardia:		✓	Lowest HR Scored:
Unclassified Tachycardia:		✓	Highest HR Scored:
Sinus Tachycardia During Sleep:		✓	Highest HR Scored: N/A
Narrow Complex Tachycardia:		✓	Highest HR Scored: N/A
Wide Complex Tachycardia:		✓	Highest HR Scored: N/A
Asystole:		✓	Longest Pause: N/A
Atrial Fibrillation:		✓	Duration Longest Event: N/A

OneContent: Generated By JHWoodch

Patient Name: Griggs, Kendra, Study Date: 7/16/2025

OXIMETRY SUMMARY RECORDING DATA

Average SpO2 (TST):	96.50%	Min SpO2 value TST:	93%	
Average SpO2 (TIB):	96%	Min SpO2 w/ Respiratory Event:	93%	
	W	R	NR	TOTAL
Average (%)	96	97	96	96
Number of desaturations	0	2	1	3
Desat Index (#/hour)	0.0	1.8	0.2	0.4

Oximetry Distribution

	WK		NREM		REM		TIB		TST	
	Min	%	Min	%	Min	%	Min	%	Min	%
>90%	76.00	98.57	337.30	99.94	66.50	100.00	479.80	99.73	403.80	99.95
80 - 89%	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
70 - 79%	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
60 - 69%	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
50 - 59%	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
<89 %*	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.00	0.00
Fall (min)	1.1	1.43	0.2	0.06	0.0	0.00	1.3	0.27	0.20	0.05

*Based on filter setting in Sleepware.

LEG MOVEMENT SUMMARY RECORDING DATA

	Count	Index (#/h)
Total Leg Movements:	87	12.9
PLMS:	15	2.2
PLMS Arousals:	6	0.9

NIGHT HYPNOGRAM

