**Overview**

Date of Polysomnography:

Polysomnography: ☐ Full ☐ Limited, specify:

Start Time of Sleep Study: ☐ AM ☐ PM

End Time of Sleep Study: ☐ AM ☐ PM

Sleep Latency:

Total Sleep Time (minutes):

**Results**

**Table 1: Apnea-Hypopnea Index (AHI) (record in events per hour of sleep)**

|  |  |  |  |
| --- | --- | --- | --- |
| Apnea-Hypopnea Index (AHI) Results | Total Sleep | REM | Non-REM |
| Total AHI | Events/Hr | Events/Hr | Events/Hr |
| Central Apnea Index | Events/Hr | Events/Hr | Events/Hr |
| Obstructive Apnea Index | Events/Hr | Events/Hr | Events/Hr |
| Mixed Apnea Index | Events/Hr | Events/Hr | Events/Hr |
| Hypopnea Index | Events/Hr | Events/Hr | Events/Hr |

**Table 2: Mean SpO2**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Mean SpO2 | Total Sleep | REM | Non-REM | Awake |
| (%) | % | % | % | % |

**Table 3: SpO2 Distribution Results (SpO2 Distribution Results (% of total sleep time))**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| SpO2 | Total Sleep | REM | Non-REM | Awake |
| <95%(if available) | % | % | % | % |
| <90% | % | % | % | % |
| <80% | % | % | % | % |
| <70% | % | % | % | % |

**Table 4: Number of drops of SpO2 (Number of drops of SpO2 by 3% or more per hour of sleep from baseline)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Number of drops of SpO2 | Total Sleep | REM | Non-REM | Awake |
| Per hour | Data to be filled out by site | Data to be filled out by site | Data to be filled out by site | Data to be filled out by site |

Was End-Tidal CO2 (ETCO2) measured?

☐ Yes, complete the table below ☐ No, skip table below

**Table 5: CO2 Results**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| CO2 Results | Total Sleep | REM | Non-REM | Awake |
| Mean ETCO2 | % | % | % | % |
| Minimum ETCO2 | % | % | % | % |
| Maximum ETCO2 | % | % | % | % |

Was Trans-cutaneous CO2 (TcCO2) measured?

☐ Yes, complete the table below ☐ No, skip table below

**Table 6: Trans-cutaneous CO2**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Trans-cutaneous CO2 | Total Sleep | REM | Non-REM | Awake |
| Mean TcCO2 | % | % | % | % |
| Minimum TcCO2 | % | % | % | % |
| Maximum TcCO2 | % | % | % | % |

Was there an increase in ETCO2 or TcCO2 of > 10mmHg at any time during sleep?

☐ Yes ☐ No

Body position(Time spent in each position in HH:MM or % of the total)

Abdomen =

Right side =

Left side =

Back =

Undefined =

Arousal index(only for full PSG, events/HR)

Total sleep =

NREM =

REM =

Periodic Limb Movements in sleep (Index) =

**Table 7: Sleep Stages**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Stage | Heart Rate Results | Latency from lights out (min) | Latency from sleep onset (min) | Duration (min) | % Total Sleep TIme | Normal values |
| N1 |  |  |  |  |  |  |
| N2 |  |  |  |  |  |  |
| N3 |  |  |  |  |  |  |
| R |  |  |  |  |  |  |

**Table 8: Heart Rate Results**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Heart Rate Results | Total Sleep | REM | Non-REM | Awake |
| Mean HR | BPM | BPM | BPM | BPM |
| Minimum HR | BPM | BPM | BPM | BPM |
| Maximum HR | BPM | BPM | BPM | BPM |

## General Instructions

This CRF contains data that would be collected when a Polysomnography (PSG) is performed to study sleep related issues in ME/CFS. Please note that this Polysomnography form was based on the PSG form used for facioscapulohumeral muscular dystrophy.

Important note: None of the data elements included on this CRF Module are classified as Core. All data elements are classified as supplemental (i.e., non- Core) and should only be collected if the research team considers them appropriate for their study. Please see the Data Dictionary for element classifications.

## Specific Instructions

Please see the Data Dictionary for definitions for each of the data elements included in this CRF Module*.*

* Start Time of Sleep Study – The preferred format for recording time is HH:MM (24-hour clock). 99:99 can be used to indicate an unknown time.
* End Time of Sleep Study – The preferred format for recording time is HH:MM (24-hour clock). 99:99 can be used to indicate an unknown time.

References

Please see the guidelines below for conducting Polysomnography:

1. Clinical Practice Guideline for Diagnostic Testing for Adult Obstructive Sleep Apnea: An American Academy of Sleep Medicine Clinical Practice Guideline https://aasm.org/resources/clinicalguidelines/diagnostic-testing-osa.pdf
2. Practice Parameters for the Indications for Polysomnography and Related Procedures: An Update for 2005 https://j2vjt3dnbra3ps7ll1clb4q2-wpengine.netdna-ssl.com/wp-content/uploads/2017/07/PP\_Polysomnography.pdf
3. Obstructive Sleep Apnea Devices for Out-Of-Center (OOC) Testing: Technology Evaluation

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3190855/

1. Practice Parameters for the Use of Actigraphy in the Assessment of Sleep and Sleep Disorders: An Update for 2007

https://j2vjt3dnbra3ps7ll1clb4q2-wpengine.netdna-ssl.com/wp-content/uploads/2017/07/PP\_Polysomnography.pdf