

Table 6 Preliminary results of polysomnography in adult patients (n = 32)

Polysomnography parameters	Mean ± SD or %	N	Polysomnography parameters	Mean ± SD or %	N
Bedtime (<i>hours</i>)	23:07 ± 0:59	22	REM sleep stage duration (<i>min</i>)	70.97 ± 41.67	32
Light-off time (<i>hours</i>)	22:55 ± 1:05	24	REM (% of TST)	17.44 ± 7.73	32
Sleep onset time (<i>hours</i>)	23:24 ± 1:29	15	First REM episode duration (<i>min</i>)	27.8 ± 9.15	10
Sleep latency (<i>min</i>)	34.45 ± 44.43	29	Number of REM episodes	3.35 ± 1.72	20
Wake-up time (<i>hours</i>)	07:10 ± 1:28	20	WASO (<i>min</i>)	54.76 ± 62.54	29
Final awakening time (<i>hours</i>)	06:31 ± 1:05	15	WASO (%)	12.23 ± 11.71	13
Lights on time (<i>hours</i>)	06:35 ± 1:04	16	Sleep efficiency (%)	75.12 ± 18.74	16
Time in bed (<i>hours</i>)	7:47 ± 1:39	24	Sleep fragmentation index	23.33 ± 17.94	21
TST (<i>hours</i>)	06:24 ± 1:43	29	Total arousal index, events per h	10.0 ± 10.66	15
TSP (<i>min</i>)	424.5 ± 93.74	27	Arousal index	25.68 ± 17.01	31
N1 sleep stage latency (<i>min</i>)	24.84 ± 40.88	29	Limb-movement index - related arousal index	5.37 ± 8.61	24
N1 sleep stage duration (<i>min</i>)	25.03 ± 29.77	32	Number of RERAs	1.21 ± 5.27	19
N1 (% of TST)	6.81 ± 6.94	31	RERA index	0.53 ± 2.29	19
N2 sleep stage latency (<i>min</i>)	19.2 ± 35.4	30	AHI, events per h	16.07 ± 14.49	29
N2 sleep stage duration (<i>min</i>)	199.3 ± 62.87	32	Snoring duration (<i>min</i>)	31.86 ± 54.79	29
N2 (% of TST)	51.28 ± 8.92	32	Percentage of snoring time (%)	9.84 ± 15.49	29
N3 sleep stage latency (<i>min</i>)	46.83 ± 42.22	30	Mean SpO ₂ during wakefulness (%)	96.59 ± 2.75	22
N3 sleep stage duration (<i>min</i>)	83.81 ± 31.69	32	Time with SpO ₂ < 90% (<i>min</i>)	4.13 ± 8.7	30
N3 (% of TST)	23.88 ± 7.95	32	SpO ₂ < 90% on TST (%)	0.93 ± 1.99	28
N3 activity (<i>min</i>)	108.1 ± 43.13	9	Mean sleep SpO ₂ (%)	94.5 ± 1.38	30
First N3 episode duration (<i>min</i>)	28.28 ± 13.76	18	Minimal SpO ₂ during sleep (%)	83.86 ± 17.05	28
Total slow-wave sleep duration (<i>min</i>)	232.5 ± 93.77	25	Oxygen Desaturation Index (%)	8.69 ± 13.72	29
REM sleep stage latency (<i>min</i>)	151.91 ± 108.02	32			

Note: TST: Total Sleep Time; TSP: Total Sleep Period; WASO: Wake After Sleep Onset; REM: Rapid Eye Movement sleep; SL: sleep latency; AHI: Apnea-Hypopnea Index; RERA: Respiratory Effort-Related Sleep Arousal; SpO₂: oxygen saturation