SAMPLE REPORT · FICTIONAL PATIENT · FOR ILLUSTRATION ONLY

ClearSleep Health

Home Sleep Apnoea Testing

clearsleephealth.co.uk · hello@clearsleephealth.co.uk

14 October 2026

Mr A. Sample
Date of birth: 00 Month 1970
Patient ID: SAMPLE

Re: Your home sleep study results. Study completed on the night of 13 October 2026.

Dear Mr Sample,

Thank you for completing your home sleep study. Your overnight recording has been processed and scored through ZOLL Itamar's CloudPAT analysis platform, and then personally interpreted by our clinical team. The device captured 6 hours 40 minutes of sleep, which is enough to assess your breathing reliably. This letter explains what we found, what it means for you, and what we recommend next.

The headline

> **Your study showed moderate obstructive sleep apnoea. Most of the breathing pauses happened while you were sleeping on your back. On your side, your breathing was close to normal.**

This is useful to know, because it gives you something practical you can start on straight away, alongside the treatment options we discuss below.

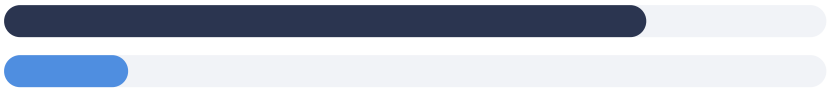
Your results at a glance

What was assessed	Your result	What it means
Breathing pauses per hour (AHI)	18.6	In the moderate range (15 to 30). Your breathing was interrupted often enough to disturb the quality of your sleep.
Respiratory disturbance (RDI)	24.1	Includes smaller breathing disruptions as well as full pauses. Consistent with the AHI result.
Oxygen level overnight	Average 95%, lowest 86%	Mostly healthy. There were some dips during breathing pauses, mainly on your back.
Heart rhythm	No issues flagged	No atrial fibrillation (an irregular heartbeat) was detected.

Your Sleep Insights

Your study recorded far more than a single score. Here are the six areas we reviewed, and what each one shows about your night.

Breathing by sleeping position



Breathing pauses per hour in each position. You spent 41% of the night on your back and 59% on your side.

1. BREATHING — NEEDS ACTION

Moderate sleep apnoea

18.6 pauses per hour overall. This is a level we would normally look to treat.

2. SLEEPING POSITION — KEY FINDING

5 times worse on your back

A strong positional pattern. Staying off your back is likely to make a real difference for you.

3. OXYGEN LEVELS — REASSURING

Average 95%, lowest 86%

Below 90% for only 1.2% of the night. The dips were brief and linked to back-sleeping.

4. PULSE RATE — REASSURING

Average 62 beats per minute

Ranged from 52 to 88, with short rises after breathing pauses. No irregular rhythm detected.

5. SNORING — NOTED

Loud for 14% of the night

Snoring above 40 decibels, mostly while on your back. Likely to improve with the same positional changes.

6. SLEEP STAGES — NOTED

Worse during dream sleep

Breathing pauses were more frequent in REM (dream) sleep, which is common and fits your overall pattern.

What we recommend

- **See your GP about treatment.** Moderate sleep apnoea is usually treated, and the standard treatment is CPAP. We have also enclosed your full study report, which you can share with your GP.
- **Start keeping off your back now.** A firm pillow behind your back or a purpose-made positional device can help keep you on your side through the night.
- **Small changes help.** Avoiding alcohol in the evening can reduce the number of breathing pauses.
- **Driving.** If you feel excessively sleepy during the day in a way that could affect your driving, please do not drive and speak to us or your GP. In that situation the DVLA must also be told.
- **Your results call.** We will call you to talk everything through, answer your questions and agree your next step together.

If you have any questions before we speak, simply reply to this letter or email us at hello@clearsleephealth.co.uk.

With best wishes,
The Clinical Team
Clear Sleep Health
Sleep study analysis provided by ZOLL Itamar CloudPAT

This is a sample report for a fictional patient, shown for illustration only. Real reports are based on a single night of home sleep testing using a peripheral arterial tone (WatchPAT) device, analysed through the ZOLL Itamar CloudPAT platform. Home studies estimate breathing events and sleep stages, and a single night may not reflect every night. Results should be considered alongside symptoms and clinical history. They do not replace assessment by a GP or sleep specialist.