

Interpretation of the Belun Ring Sleep Report

User Information	
User ID	SevereCase
Age/Sex	50/M
Height	170 cm /5' 7"
Weight	72.0 kg /158.8 lbs
BMI	24.91 kg/m ²
Ring Size	11

Name:

ID:

DOB:

Referred by:

ESS:

STOP-BANG:

Remarks:

Personal data is entered as optional after the home sleep test. Data will not be transferred to Belun.

Test Information	
Start Time	2020-02-21 00:16 (UTC+8)
End Time	2020-02-21 07:15 (UTC+8)
Total Recording Time (TRT)	416.5 mins

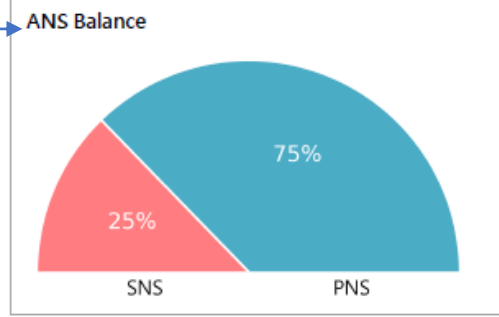
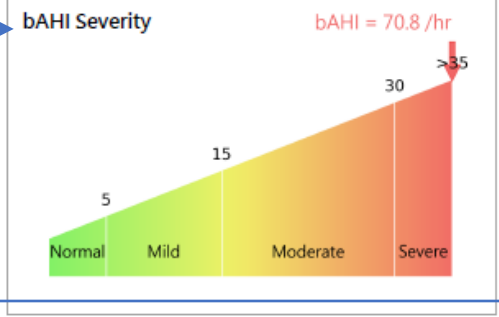
Sleep Summary		
bAHI	70.8	/hr
Total Sleep Time (TST)	374.5	mins
Sleep Efficiency (TST/TRT)	89.9	%
Min. SpO ₂	≤ 70	%
SpO ₂ < 90% (T90)	83.7	mins

User information is entered before the home sleep test. Data will be transferred to Belun.

- User ID is unique to each sleep test.

Severity levels of OSA according to AASM:

- Normal: AHI of <5
- Mild OSA: AHI of 5-15
- Moderate OSA: AHI of 15-30
- Severe OSA: AHI of >30



Overall activities of sympathetic and parasympathetic nervous system during all night.

Comments/Conclusion

Optional field for medical history, diagnosis or recommendation. Data will not be transferred to Belun.

bAHI
belun Apnea and Hypopnea Index, expresses the number of respiratory events per hour of actual sleep which has been shown to be an accurate estimate of AHI. AHI is the recommended measurement for the severity of Obstructive Sleep Apnea (OSA), by the American Academy of Sleep Medicine (AASM). The index includes the following respiratory events as measured by polysomnography:
Apnea: Cessation of breathing for 10 seconds or more during sleep.
Hypopnea: Reduction of breathing followed by an oxygen desaturation of at least 4%.

Disclaimer

- Belun Ring Sleep Test does not provide a comprehensive sleep test. This report should not be considered as the sole information to assess your sleep health. There are about 10-15% of the sleep apnea patients cannot be identified by the test, especially for those users who do not breathe during hypopnea or suffer an arrhythmia and so on.

- You must not rely on the information in this report as an alternative to medical advice from a qualified professional. If you have any specific questions about any medical matter, you should consult a qualified professional. Patients, physicians and other medical professionals should confirm with the local medical authority about the information of the medical device (including the intended use and potential adverse effects). In addition, many countries or regions restrict (or even prohibit) medical device manufacturers from providing information on prescription products or directly responding to patients' questions about prescription products. However, Belun Technology Company Limited will respond to inquiries from qualified medical professionals and provide relevant information in accordance with local regulations.

- If you think you may be suffering from any medical condition, you should seek immediate medical attention. We do not provide medical diagnosis for individuals. You should never delay seeking for medical advice, disregard medical advice, or discontinue medical treatment because of information in this report. If which lead to any illness occurs, Belun Technology Company Limited does not bear any legal or compensation liabilities.

- Start Time – Ring is activated by wearing on finger
- End Time – Ring is off by putting back on Cradle
- Total Recording Time (TRT) – Duration between start time and end time, minus excluded periods
- Total Sleep Time (TST) – Duration of sleep time (REM + non-REM)
- Sleep Efficiency – TST/TRT

Sleep Statistics				
Start Time	2020-02-21 00:16 (UTC+8)		Total Sleep Time (TST)	374.5 mins
End Time	2020-02-21 07:15 (UTC+8)		Sleep Efficiency (TST/TRT)	89.9 %
Total Recording Time (TRT)	416.5	mins		

- Mean, maximum and minimum oxygen saturation values
- Total time of oxygen saturation below 90% and 80%
- Percentage of Recording Time with oxygen saturation below 90% and 80%

Oxygen Saturation Statistics				
Mean	93	%	Duration	% in TRT
Max.	100	%	<90% (T90)	83.7 mins 20.0
Min.	≤ 70	%	<80% (T80)	27.0 mins 6.4

Pulse Rate Statistics		
Mean	87	bpm
Max.	110	bpm
Min.	70	bpm

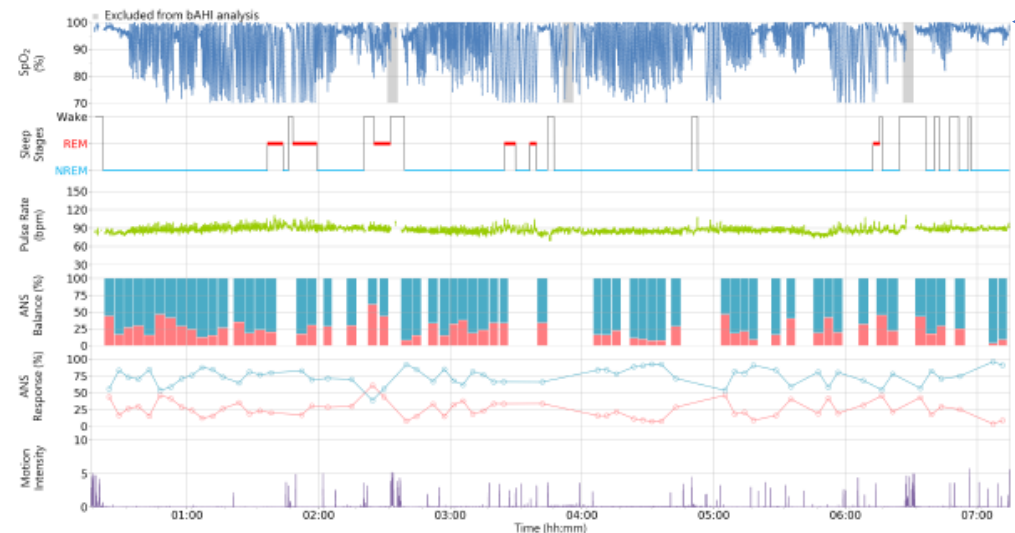
Sleep Stage Statistics			
	Duration	% in TST	Number
Wake	42.0 mins	-	10
REM	36.5 mins	9.7	-
NREM	338.0 mins	90.3	-

- Duration of time in Wake, REM and non-REM stages
- Percentage of sleep time in REM and non-REM stages
- Number of Wakes after sleep onset

- Mean, maximum and minimum pulse rate values

Respiratory Statistics				
	TRT (/hr)	TST (/hr)	REM (/hr)	NREM (/hr)
bAHI	-	70.8	82.8	69.5

- bAHI: belun Apnea-Hypopnea index during sleep, REM and non-REM



- Oxygen saturation chart. Grey periods are excluded from bAHI analysis.
- Sleep architecture: time scale presentation of sleep stages – Wake, REM and non-REM
- Pulse rate chart
- ANS Balance/Response: antagonistic activation of the two subdivisions of Autonomic Nervous System. Blue color bars/dots represent the activity level of parasympathetic nervous system. Red color bars/dots represent the activity level of sympathetic nervous system.
- Motion intensity: time scale presentation of the motion