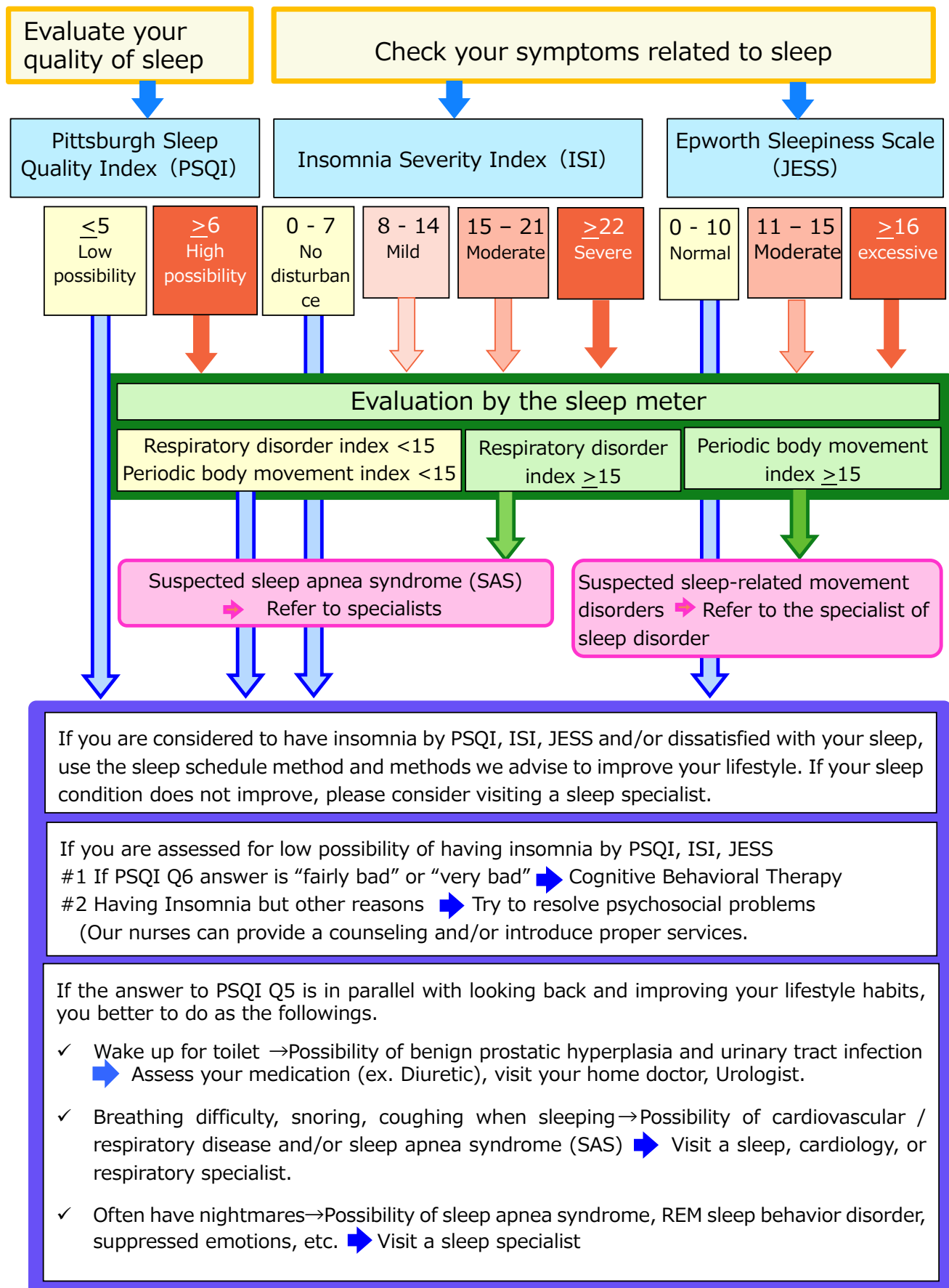


## Let's check if you have sleep problems (Physical aspect)



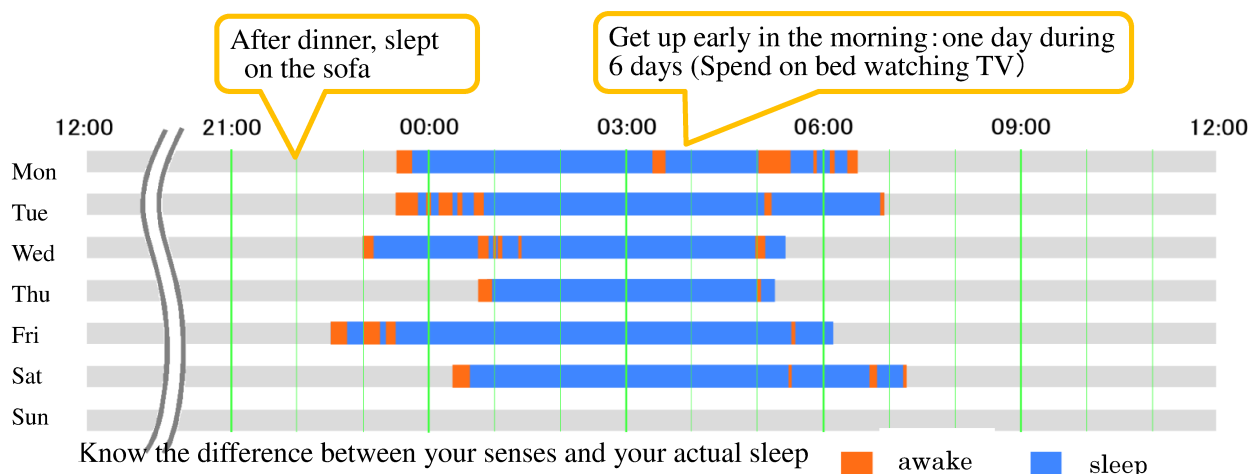
# Let's objectively evaluate the quantity and quality of sleep

Example Mr. A) ·Take over-the-counter sleep-improving drugs  
·He is aware that "the sleep is so bad that I drop the futon"



- Pittsburgh Sleep Quality Index(PSQI) 5 score···No sleep disorder
- Insomnia Severity Index (ISI) 8 score ····· Mild insomnia
- Measurement by the sleep meter

At home, place a sleep meter under a mattress and measure for a week, you can understand The quality of sleep during sleep, the state of breathing and heartbeat, and the following



Items recorded	Self-report	Measurement	Remarks
Total sleep time	5 hours	5 : 50 hours	Changes depending on individual differences and seasons.
Time for bed	0 : 00	23 : 49	
Sleep latency	20 min	12 min	
Wake-up time	5 : 50	6 : 14	It is desirable to have a constant time to wake up every day

Item Measured	Measured	Desirable	Evaluation
Sleep efficiency	90%	95% over	Percentage of time to go to bed-get up from bed and actual sleep time
Respiratory event index	8.1 times/h		Possibility of SAS. $\geq 15$ is a guideline for consultation with a specialist
Periodic body movement index	12.5 times/h		Possibility of periodic limb movement disorder. $\geq 15$ is a guideline for consultation with a specialist
Activity score	29.2 counts/min		The higher the value, the more you are acting while sleeping.
Respiratory rate	Mean 15.9/min	12-20/min	Increases or decreases when there is apnea syndrome etc.
Heart rate (HR)	Mean 57.8/min	50-90/min	If your average HR is high, you may have heart or thyroid disease, anemia, anxiety or depression.
Wakefulness after sleep onset	20.3 min	<20 min	If it is too much, sleep efficiency (sleep quality) will decrease.
Number of out-of-bed instances	0.3 times	<1 times	The number of times you have left for toilet, etc. Possible effects of diuretics and enlarged prostate.

※ 1) EEG, 2) EOG, and 3) EMG are essential to medically evaluate the quantity and quality of sleep.

Based on your prior checklist, the category you checked is the problem area

