

# NIGHTLY SLEEP APNEA SEVERITY CHART

Patient Name: \_\_\_\_\_

Month/Year: \_\_\_\_\_

**Normal** AHI < 5 events/hr

Minimal symptoms

**Mild** AHI 5 - 15 events/hr

Involuntary sleepiness

**Moderate** AHI 15 - 30 events/hr

Awareness of gasping

**Severe** AHI > 30 events/hr

Oxygen saturation < 80%

<b>Date</b>	<b>Hours Slept</b>	<b>AHI (Events/Hr)</b>	<b>Lowest SpO2 %</b>	<b>Mask Leak (L/min)</b>	<b>Quality (1-10)</b>	<b>Notes (Symptoms, Alcohol, Stress)</b>
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Note: This chart is for personal tracking. Please consult your physician for medical diagnosis and treatment adjustments.