

# SLEEP APNEA EPISODE TRACKER

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

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

Device (CPAP/BiPAP) Settings: \_\_\_\_\_

<b>DATE</b>	<b>TIME OBSERVED</b>	<b>DURATION (SEC)</b>	<b>SYMPTOMS OBSERVED (GASPING, CHOKING, SNORING)</b>	<b>SPO2 %</b>	<b>POSITION</b>
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General Observations (Daytime sleepiness, headaches, mood changes):

This log is for tracking purposes only. Always consult a medical professional for diagnosis and treatment.