

SLEEP APNEA SEVERITY INDEX (AHI)

Patient Name: _____

Date of Study: _____

Total Sleep Time: _____

Total Events: _____

SEVERITY CATEGORY	AHI (EVENTS PER HOUR)	CLINICAL DESCRIPTION
Normal	< 5	No clinical sleep apnea detected.
Mild	5 to 14.9	Involuntary sleepiness during sedentary activities.
Moderate	15 to 29.9	Sleepiness during activities that require attention.
Severe	≥ 30	Sleepiness interfering with daily social or occupational function.

AHI Calculation Formula:

$$\text{AHI} = (\text{Total Apneas} + \text{Total Hypopneas}) / \text{Total Sleep Time in Hours}$$

This chart is for educational purposes only. Consult a healthcare professional for diagnosis and treatment.