

# SLEEP APNEA TREATMENT SUCCESS TRACKER

## Weekly Compliance & Symptom Log

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

Week Starting: \_\_\_\_\_

Device Type: \_\_\_\_\_

Target Pressure: \_\_\_\_\_

DAY	HOURS USED	AHI (EVENTS/HR)	MASK LEAK (L/MIN)	ENERGY LEVEL (1-10)	MORNING SYMPTOMS / NOTES
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

### Weekly Summary & Adjustments:

\* AHI: Apnea-Hypopnea Index (Goal: < 5.0) \* Compliance Goal: 4+ hours per night \* Energy: 1 (Exhausted) to 10 (Fully Rested)