

Understanding your Z1 Auto™ Nitelog™ Data

The Z1 Auto calculates Apnea and Hypopnea events using the industry standard definition from the American Academy of Sleep Medicine (AASM).

Nitelog is a viewing tool offered in iOS and Android platforms that syncs with your Z1 Auto using Bluetooth®. All of your sleep data will remain in the Z1 Auto's flash memory.

You may view your data in nightly, weekly or monthly windows.

Figure 1: Nightly (Session) Summary

AH Count: the total number of Apneas and Hypopneas recorded during this session.

Usage Hours: the total number of hours used during this session. Usage hours are presented to the tenth of an hour.

AH Index: the Apnea Hypopnea Index (AHI) is an average representing the number of Apneas and Hypopneas per hour. Nitelog rounds this number to the nearest whole number.

AH Chart: the chart on this screen shows the number of apneas over time. The 'Y' axis represents the Apnea Count and the 'X' axis represents the time they occurred.

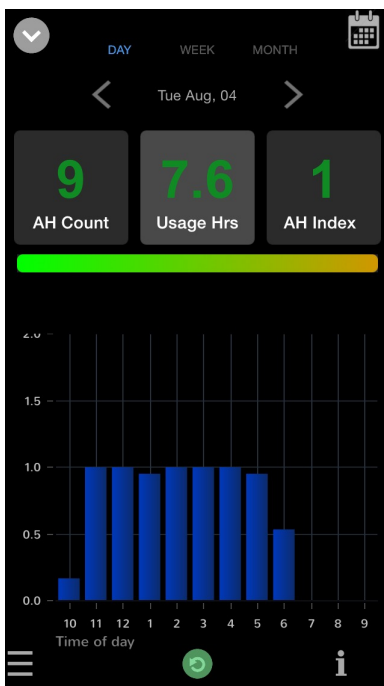
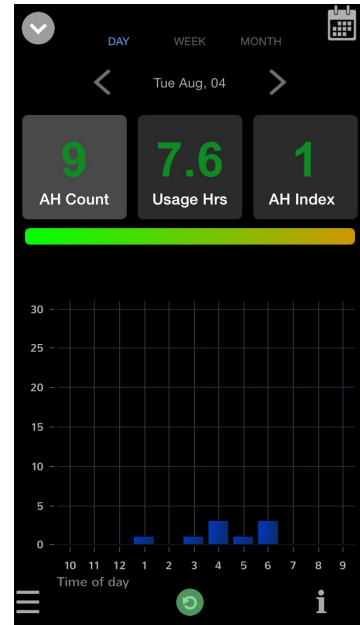


Figure 2: Usage Hour Chart

Usage Hour Chart: this is a plot of time. 1.0 on the 'Y' axis represents a complete hour of use while the time is presented on the 'X' axis.

Notice that the user went to bed at approximately 10:45PM and woke up at 6:30AM.

Note that the machine was turned off for a few minutes at 1PM and this was most likely a bathroom break.

Figure 3: Apnea/Hypopnea Index Chart

AH Index Chart: Generally an Apnea/Hypopnea Index (AHI) of 5 or less is considered good treatment. For individuals with severe or complex sleep apnea the goal is for the AHI value to be at 10 or below. Consult your physician if you have any questions about your sleep data.

The Apnea/Hypopnea Index chart represents the number of Apneas and when they occurred. Once again, the 'X' axis illustrates the time of night and the 'Y' axis quantifies the number of Apneas at that time.

Green is generally good and red is bad. You may adjust the areas of green and red in Chart Settings and set them to fit your typical sleep patterns.

You may adjust the number of Apneas that Nitelog will view per hour (up to 30) in Chart Settings.

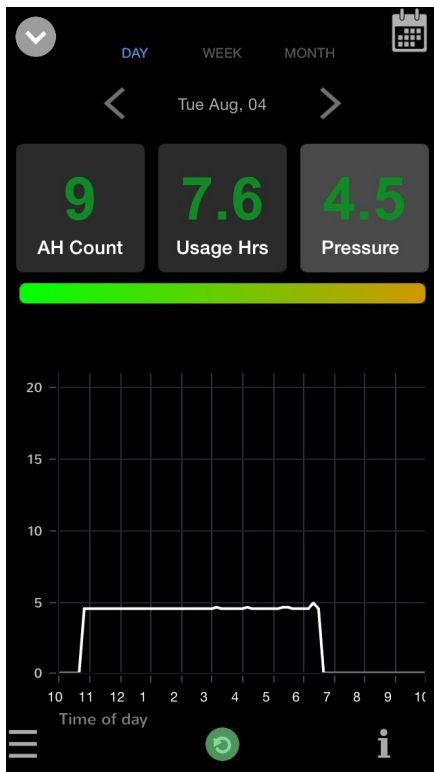
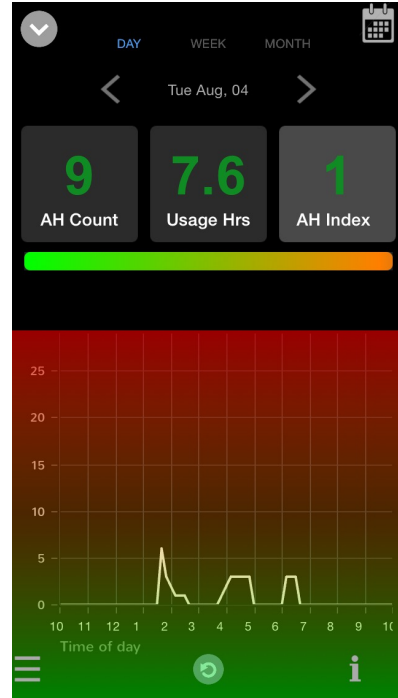


Figure 4: Pressure Chart

Pressure Chart: The pressure chart represents the average pressure through the night with the 'X' axis showing time and the 'Y' axis showing pressure.

Individuals who have mild to moderate sleep apnea as in the example here may not show a wide variance of pressure through the night

Individuals with severe or complex sleep apnea may see this graph with more peaks and valleys in pressure.

Everyone has different pressure requirements and if you have questions with your pressure graph please consult with your sleep professional.

Figure 5: Compliance Report

Compliance Report: this represents the day that it was generated and the previous 90 days of use.

It determines compliance based on what is set in Chart Settings. If no changes are made in Chart settings it will determine compliance based on the U.S. Medicare definition: 4 hrs. or greater per night and 70% of nights used.

If you are not using the Z1 Auto as your primary device the likelihood of being considered compliant is not good, however you may add this report to the report from you primary device to document compliance.



Always consult your Sleep Professional if you have questions about your sleep data.