

## 5th of 5 blogs from Sefam UK, looking at Central Sleep Apnoea, guidelines and recommendations into identifying and reporting of CSA events.

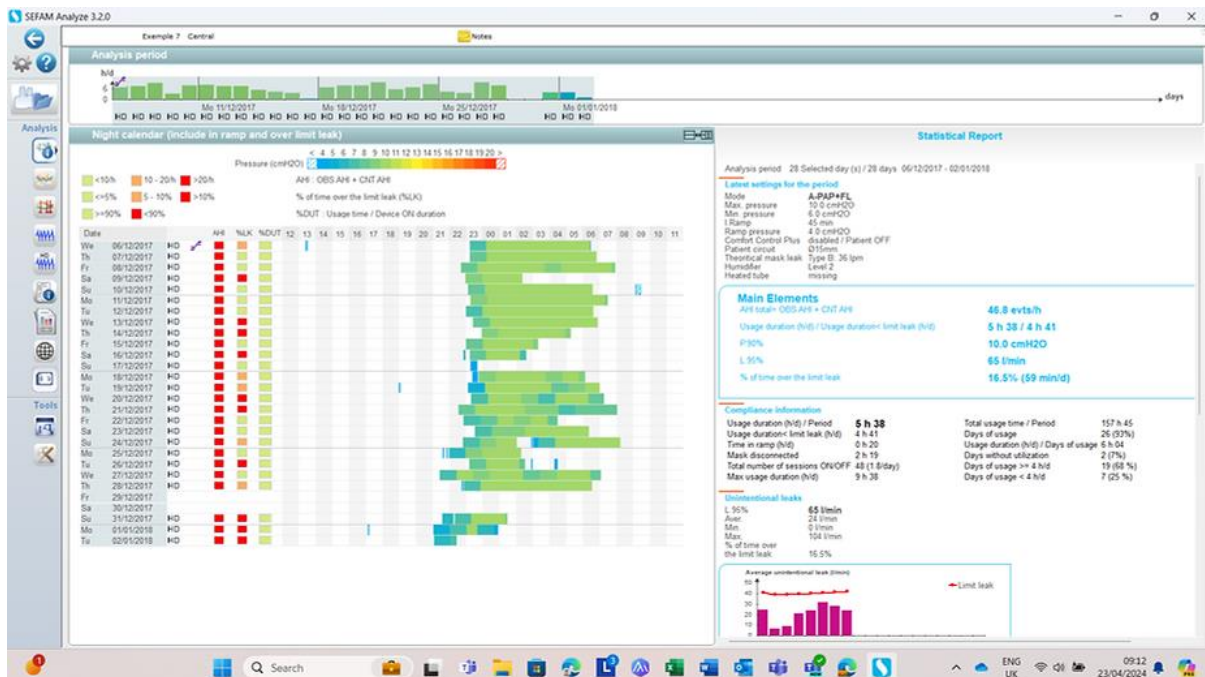
Reporting Central Apnoea's and Hypopnoea's in Sefam Connect and Sefam Analyse remote monitoring software.

Sefam Connect is our cloud-based software where the PDF report show the Central Apnoea Index and the Central Hypopnoea Index. This allows the clinician to remotely monitor the patient with combined OSA/CSA for any signs of treatment emergent central sleep apnoea (TECSA).

### Sefam Analyse software

The desktop Sefam Analyse software allows the clinician to download and view treatment efficacy data in high definition from the data card to ensure CPAP therapy is optimised to treat any residual events.

Example of Sefam Analyse that shows residual Central Apnoea and Hypopnoea's



This example shows a 28-day period of S Box use data in Sefam Analyse. The total residual AHI is 46.8 events per hour of sleep. Adherence is 5.38 hrs. Some mask leak needs to be addressed. The total central Apnoea/Hypopnoea Index is 32.5 so a clinical review is required to discuss therapy adjustments and other medical management of co-morbidities.

**Detected events index**

AHI total (OBS AHI + CNT AHI)	46.8 evts/h	AHI over limit leak	6.5 evts/h
OBS AH	14.3 evts/h	CNT AH	32.5 evts/h
OBS Apnoeas	10.1 evts/h	CNT Apnoeas	21.3 evts/h
OBS Hypopnoeas	4.2 evts/h	CNT Hypopnoeas	11.2 evts/h
Snorings	3.5 evts/h	Average duration of apnoea	19 s
FL Runs	26.7 evts/h	Average duration of hypopnoea	19 s

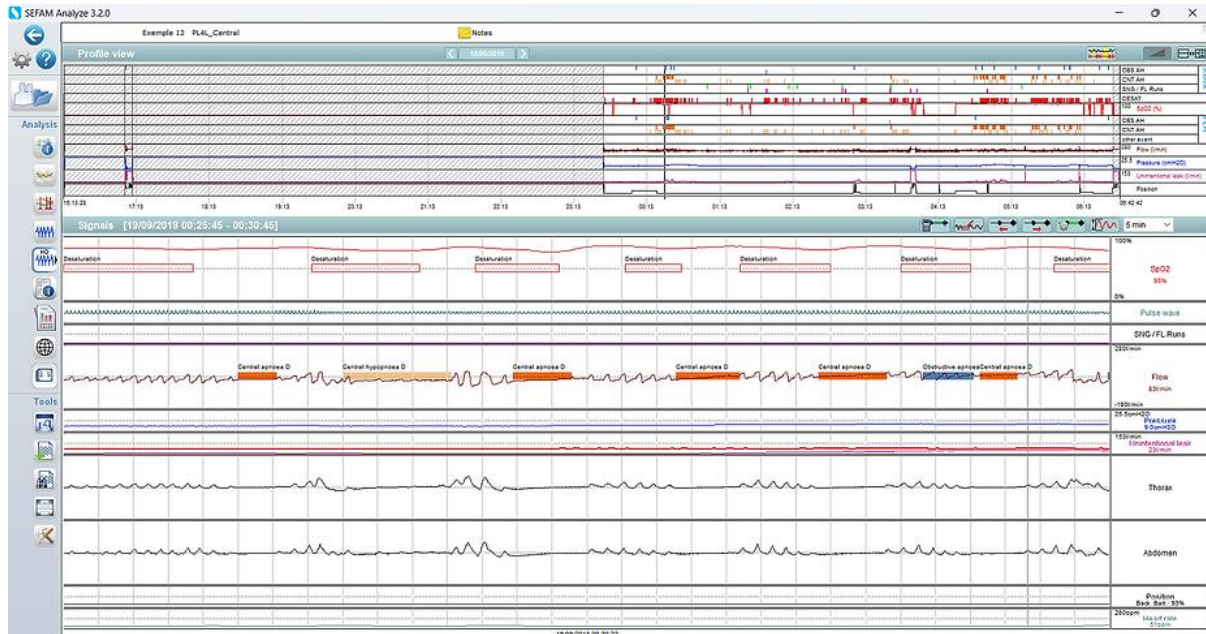
**PolyLink Polygraphy system**

PolyLink in combination with the S Box allows Polygraphic measurement of the treatment efficacy of CPAP/APAP/NIV therapy as well as supporting home titration and re-titration (where indicated). The **PolyLink system** and **Sefam Analyse** display all treatment efficacy data in one place in the **Sefam Analyse** desktop software which is unique to this software.



As far as we are aware, Sefam offers the only CPAP/Bilevel devices that incorporate polygraphy and therapy in the same software which will allow you to see any residual central apnoea or hypopnoea events breath by breath. This unique feature of the

**PolyLink system** allows the clinician to review detailed sleep-related data whilst on treatment that can support treatment titration and changes to the S Box settings remotely where required via the Sefam Analyse software. The PolyLink polygraphy system records 10 channels under CPAP/Bilevel therapy.



To find out more about our innovative Sefam hardware and software solutions and the PolyLink polygraphy system visit our website at <https://www.sefam-uk.co.uk/>