

NORMAL VALUES ± STANDARD DEVIATIONS

Age	Gender	TST	SE	%S1	%S2	%S3	%S4	%R
16-19	Male	448 ± 31	0.96 ± 0.03	4.1 ± 1.4	50.0 ± 7.5	5.9 ± 1.9	17.6 ± 5.5	22.4 ± 3.2
	Female	454 ± 28	0.95 ± 0.02	3.8 ± 1.6	50.1 ± 4.5	5.7 ± 2.7	18.0 ± 3.2	22.4 ± 3.6
20-29	Male	419 ± 15	0.93 ± 0.04	4.5 ± 1.6	46.1 ± 5.2	6.3 ± 1.4	14.7 ± 4.4	28.4 ± 5.7
	Female	429 ± 22	0.96 ± 0.02	4.2 ± 2.4	52.7 ± 5.9	5.3 ± 2.0	12.5 ± 6.2	25.3 ± 3.6
30-39	Male	421 ± 22	0.97 ± 0.02	5.8 ± 3.4	57.8 ± 7.4	5.8 ± 1.5	6.9 ± 3.2	23.8 ± 3.9
	Female	425 ± 32	0.96 ± 0.06	4.3 ± 1.7	54.7 ± 7.7	6.5 ± 3.5	7.7 ± 6.7	26.7 ± 5.3
40-49	Male	389 ± 47	0.91 ± 0.06	8.1 ± 3.0	58.4 ± 11.1	5.7 ± 3.3	3.4 ± 6.3	24.4 ± 4.0
	Female	425 ± 23	0.96 ± 0.02	5.7 ± 2.0	54.9 ± 8.6	7.6 ± 3.5	4.6 ± 6.9	27.1 ± 4.1
50-59	Male	389 ± 50	0.92 ± 0.04	7.9 ± 3.9	64.5 ± 10.3	3.4 ± 4.8	1.8 ± 3.2	22.4 ± 4.0
	Female	430 ± 35	0.93 ± 0.07	5.0 ± 2.2	60.9 ± 6.5	6.9 ± 2.4	4.4 ± 5.3	22.9 ± 3.3
60-69	Male	407 ± 45	0.90 ± 0.07	10.6 ± 4.0	61.5 ± 8.8	2.2 ± 3.3	0.6 ± 1.9	25.0 ± 3.6
	Female	404 ± 56	0.87 ± 0.09	8.5 ± 4.1	60.1 ± 8.6	4.9 ± 4.0	2.9 ± 3.0	23.5 ± 4.0
70-79	Male	372 ± 87	0.77 ± 0.2	10.4 ± 3.5	66.8 ± 16.6	1.6 ± 2.3	0.0 ± 0.0	21.2 ± 6.6
	Female	413 ± 37	0.82 ± 0.09	7.4 ± 2.3	59.3 ± 8.3	7.2 ± 4.0	4.3 ± 5.7	22.0 ± 4.2

Reference: Williams, R.L., Karacan, L. and Hursch, C.J. EEG of Human Sleep: Clinical Applications, 1974

- Glossary:
- TIB: Time in Bed [from lights off until lights on]
 - TST: Total Sleep Time in minutes
 - SE: Sleep Efficiency = TST ÷ TIB
 - %S1: % of TST which is Stage 1 Sleep
 - %S3: % of TST which is Stage 3 Sleep
 - %S4: % of TST which is Stage 4 Sleep
 - %R: % of TST which is REM Sleep

APNEA & HYPOPNEA INDEX (AHI) = Total number of apneas and hypopneas per hour of sleep
(severity rating also influenced by oxygen desaturation, associated arrhythmias, sleep fragmentation, etc.)

1. Normal AHI = < 5
2. Mild AHI = 5-15
3. Moderate AHI = 15-30
4. Severe AHI = > 30

Reference: American Academy of Sleep Medicine Task Force. Sleep-related breathing disorders in adults: recommendations for syndrome definition and measurement techniques in clinical research. Sleep 1999; 22(5): 667-689.

PERIODIC LIMB MOVEMENT DISORDER (PLMD) OR NOCTURNAL MYOCLONUS

1. Normal = PLM index (events/hour of sleep) of < 5
2. Mild PLMD = PLM index of 5 or more, but less than 25
3. Moderate PLMD = PLM index of 25 or more, but less than 50
4. Severe PLMD = PLM index of 50 or more, or a PLM-arousal index of >25

Reference: ICSD - International classification of sleep disorders: Diagnostic and coding manual. American Sleep Disorders Association, 1990.