

Personal identifiers

User ID / SR number

Report DEMO-2481

Report record

Report DEMO-2481

Night report date

17 Jun 2026, 07:19

Clinical details

First name

Emma

Sex at birth

Female

BMI

29.8

Age band

50-59

Height / weight

166 cm / 82 kg

Monitoring time

9h 24m

Connected health

Apple Health demo sync

Summary

SQS

10

Low sleep quality

Snore Burden Index

90

Severe snoring burden

Snore events

2334

Recorded sound events

Peak level

65 dB

Average 13 dB

Your score: Low sleep quality



SQS is higher-is-better. Snore Burden Index is lower-is-better. Trend comparison is shown when previous official night reports are available for the same profile.

Report context

This first page identifies the report record, the available profile details and the headline night scores. It is a screening report generated

SomnoRoute Night Report

Overnight snoring screening

Patient summary

Report record

Report DEMO-2481

Monitoring duration

9h 24m

Report date

17 Jun 2026, 07:19

SomnoRoute Snore Score

90 - Severe snoring burden

Night scores

Sleep Quality Score (SQS)

10

SQS

Your score: Low sleep quality

Normal range: 80-100

● Snore stability
10/100

● Sleep continuity
31/100

● Oxygen stability
72/100

● Heart / HRV
58/100

Evidence strength: moderate

Sleep Quality Score (SQS)

80-100

Normal sleep quality

60-79

Fair sleep quality

40-59

Reduced sleep quality

<40

Low sleep quality

SQS is a 0-100 sleep sound and context score where higher is better. It is labelled as Normal sleep quality (80-100), Fair sleep quality (60-79), Reduced sleep quality (40-59) or Low sleep quality (below 40). Without connected health data, SQS is calculated from the inverse of the Snore Burden Index using recorded snore-like events, clustering and sound intensity. When connected health data is shared, SQS can add sleep continuity, oxygen stability and heart/HRV context; missing health signals are not guessed.

Night story

17 Jun 2026, 07:19

Pattern

Connected health evidence available

High recorded snoring burden with same-night connected health context. Oxygen remained mostly stable, heart rate rose during the loudest clusters, and sleep continuity was reduced in the second half of the night.

SQS starts with the sound pattern from this night. The connected health fields below are supportive context only, not a medical diagnosis, and should be compared across more nights before drawing conclusions.

How connected health data strengthens SQS

With permission, sleep duration/continuity, SpO2 stability, heart rate, respiratory rate and HRV can be compared with snore clusters on the same night. The score becomes stronger when more same-night signals are available; missing signals remain marked as not available.

Wearable evidence

● SpO2	42 samples	low 91%
● Heart rate	216 samples	peak 92 bpm
● Respiratory rate	38 samples	avg 15.4/min
● HRV	8 samples	avg 38 ms

Confidence

Acoustic evidence	Good
Wearable evidence	available
Same-time physiology	partial
Overall interpretation	Moderate

One action

Repeat another night with the same phone position and health permissions enabled.
Compare snore clusters, oxygen and pulse across more nights.

Snore Burden Index

17 Jun 2026, 07:19

SNORE EVENTS

2334

Recorded sound events

SNORING EPISODES

204

3+ snores within 10s

PEAK LEVEL

65 dB

Estimated highest level

AVERAGE LEVEL

13 dB

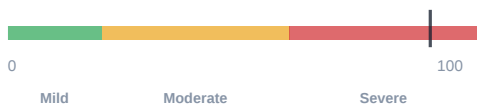
Estimated sound profile

Snore Burden Index

90

/100

Severe snoring burden

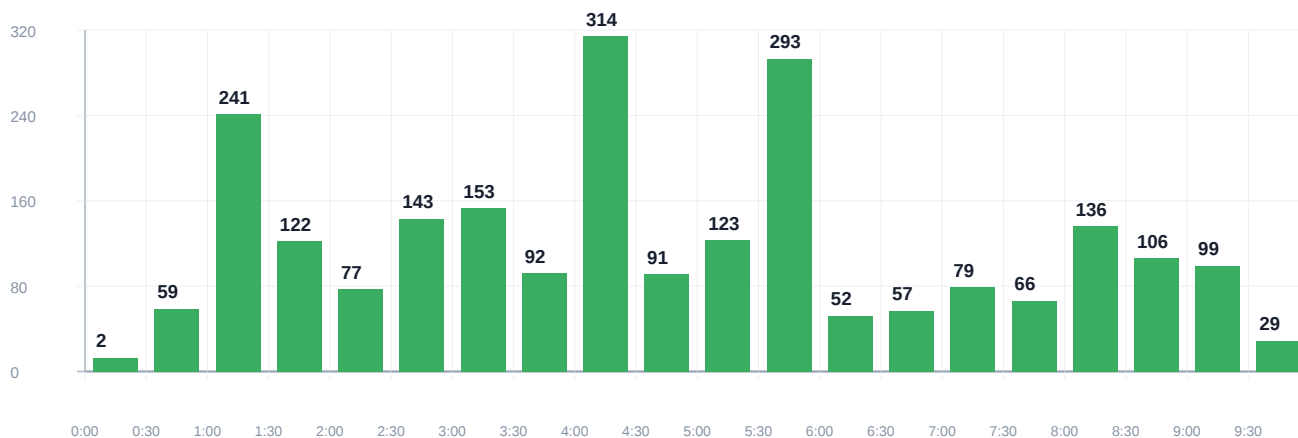
Lower score = lower
recorded burden

Intensity profile

Baseline **33.1 dB**Threshold **39.5 dB**Average level **12.8 dB**Peak level **64.7 dB**

This sound-based index combines snore-like events, clustering and intensity. Lower is better. Review it alongside symptoms, sleep quality and the night distribution below.

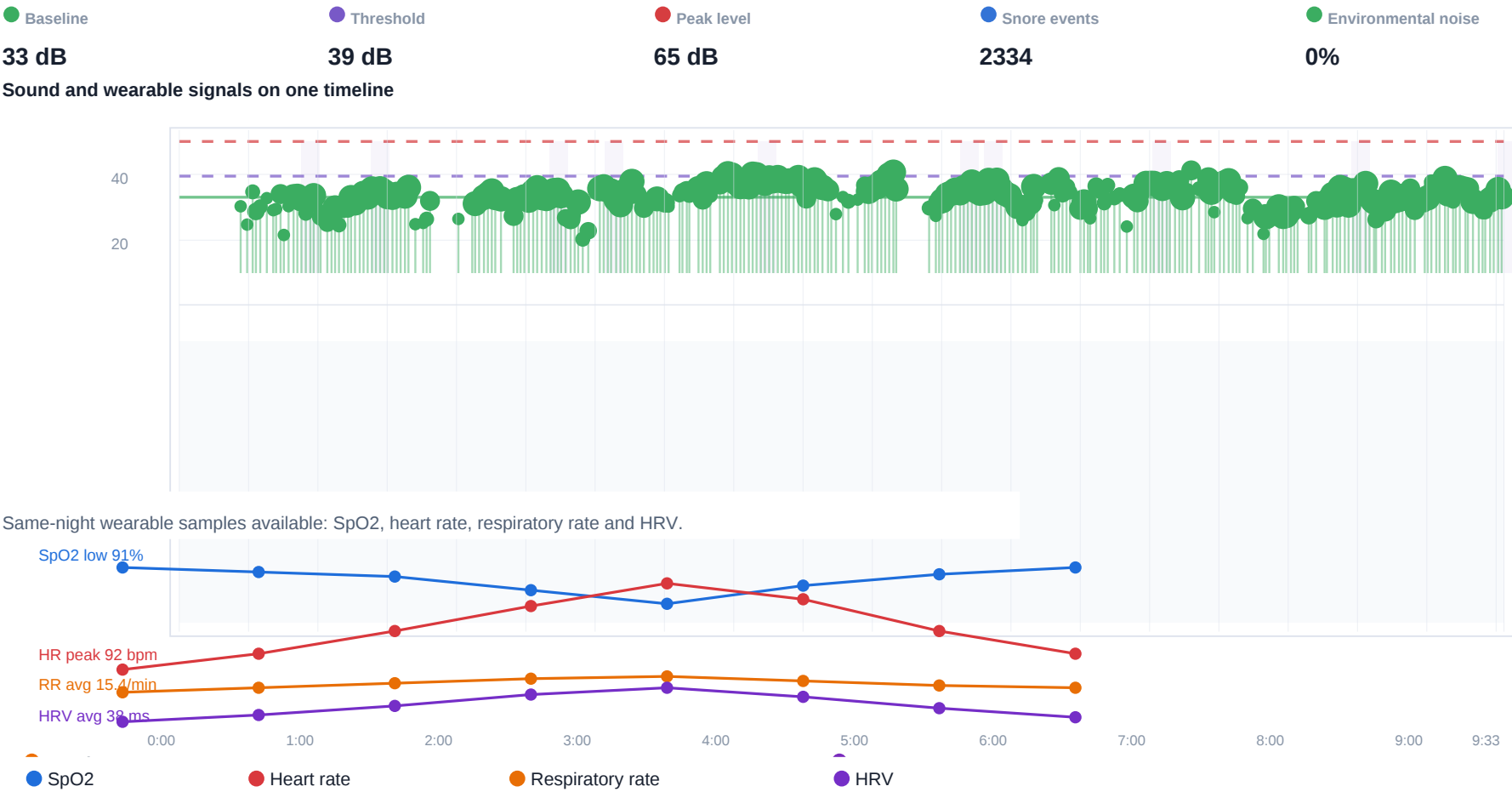
Frequency and night distribution



Bars show 30-minute blocks. Bar height shows the number of snores; colour reflects the loudest snore level in that block.

Night Map + wearable health timeline

Sound events and wearable samples share the same time axis below. Wearable values are shown as discrete samples, not as continuous medical monitoring, so snore clusters can be compared with SpO2, pulse and HRV only where those signals were shared.



Summary

17 Jun 2026, 07:19

What this means

SomnoRoute Snore Score: 90/100 (Severe snoring burden). Lower scores indicate lower recorded snoring burden. The score should be reviewed alongside symptoms, sleep quality, body position, alcohol use, medication, and health risk factors.

Suggestions

A high snoring burden was recorded. Follow-up or further sleep review is recommended, especially if there are witnessed pauses in breathing, unrefreshing sleep, or excessive daytime sleepiness.

Important notice

This report is intended for screening and informational purposes only. It does not constitute a medical diagnosis. Further review may be required where indicated, including assessment for obstructive sleep apnoea or related sleep-disordered breathing.

Environmental sound environment

Environmental burden

0% of monitored time

Noise severity: Minimal

Recording confidence: high

Dominant sound

None dominant

Report reference

Report record: Report DEMO-2481. Connected health values are synthetic.