

30-NIGHT REVIEW

Wearable context at a glance

A server-generated SomnoRoute view of consented Oura estimates. Oura data is supporting context and is kept separate from patient-reported and SomnoRoute-recorded evidence.

DATA COVERAGE

27/30

90% of nights

TOTAL SLEEP

6h 52m

+24 min

EFFICIENCY

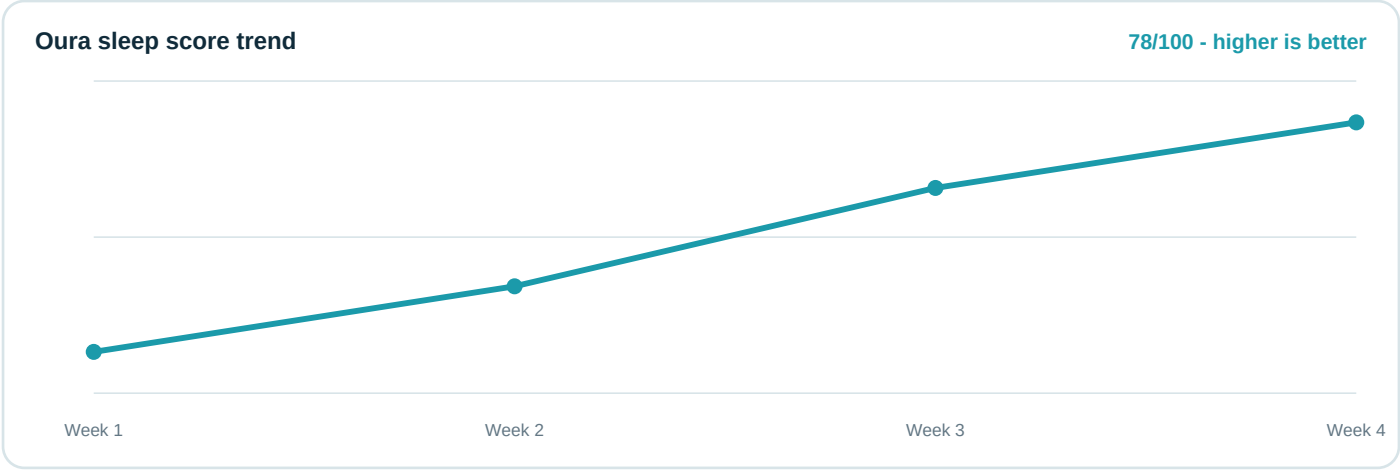
85%

+4 points

SLEEP SCORE

78

+7 points



Server interpretation

Wearable-estimated sleep duration and efficiency increased across the four weeks. Three nights were not synced and are excluded rather than filled in.

Best-supported trend

Sleep timing became more consistent and average total sleep increased.

Use with care

SpO2 is a nightly average. It cannot be aligned to an individual snore or breathing event.

Oura-Supported Sleep Trends

13 Jun - 12 Jul 2026

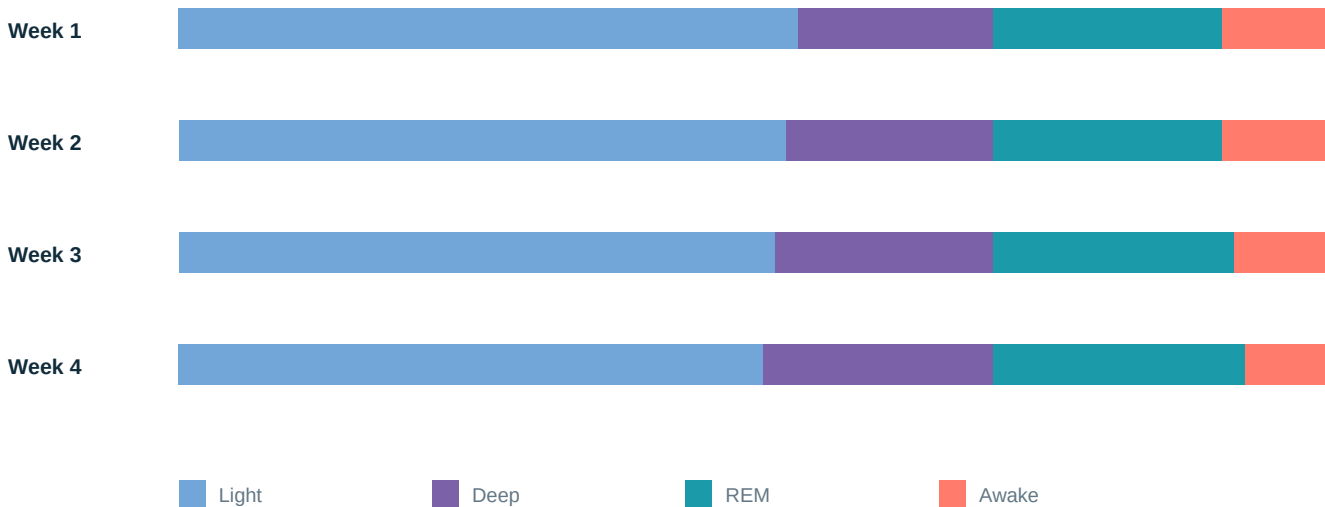
SLEEP ARCHITECTURE

Duration, continuity and stages

Sleep stages are Oura estimates. SomnoRoute reports them as wearable-derived context and does not treat them as polysomnography.



Average weekly sleep-stage composition



Movement context

Oura supplies processed movement and sleep-stage classifications in 30-second blocks across the detected sleep period. It does not expose raw accelerometer axes or provide a live movement stream to SomnoRoute.

Oura-Supported Sleep Trends

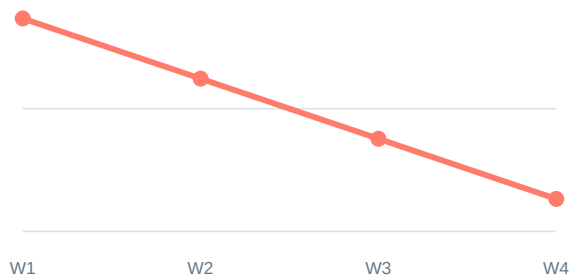
13 Jun - 12 Jul 2026

RECOVERY AND BREATHING CONTEXT

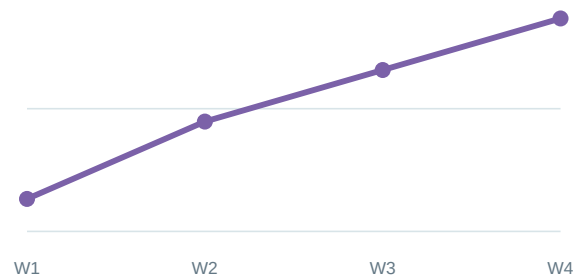
Heart, HRV, respiration and oxygen

These values are wearable estimates intended for longitudinal context. They are not a substitute for diagnostic monitoring.

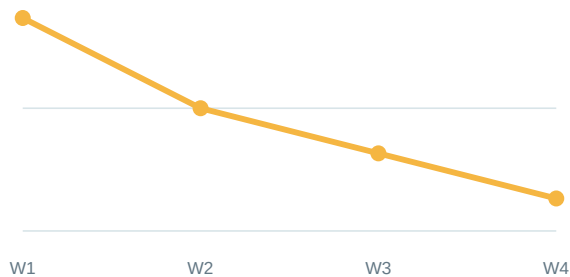
Lowest sleeping heart rate 56 bpm - lower is better



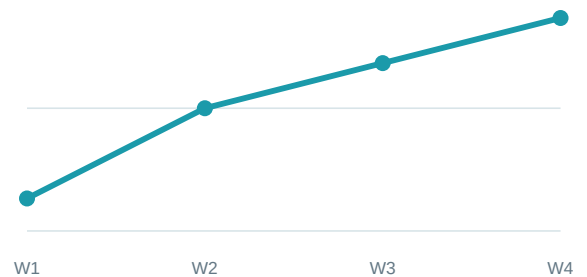
Average overnight HRV 43 ms - higher is better



Average respiratory rate 14.8/min - lower is better



Average overnight SpO2 96.2% - higher is better



Oxygen limitation

The public Oura API provides average overnight SpO2 and a breathing-disturbance index, not the underlying oxygen waveform. SomnoRoute cannot calculate oxygen nadir, time below 90%, ODI or event-linked desaturation from this feed.

Example current breathing-disturbance index: 6 - Oura-derived wellness context, not clinical AHI or ODI.

COMBINED SOMNOROUTE VIEW

How Oura supports the night report

Window	Snore events	Oura stage	Movement	Heart rate
22:30-00:00	18	Mostly light sleep	Low movement	58 bpm
00:00-02:00	41	Light / deep	Moderate	56 bpm
02:00-04:00	67	REM enriched	Restless	61 bpm
04:00-06:30	29	REM / awake	Moderate	59 bpm

Example observation

In this synthetic night, the heaviest SomnoRoute snore cluster overlapped an Oura-estimated REM-enriched and restless period with a higher heart rate. This is an association worth reviewing, not proof of cause or a respiratory diagnosis.

Server-only report rule

The SomnoRoute server matches Oura sleep windows to the recording, applies the approved calculation version, labels every source, and generates the final PDF. The app receives only report status and the finished document; it never assembles the clinical report locally.

Data-quality and safety rules

Unsynced nights remain missing. Oura sleep stages are labelled as estimates. Average SpO2 is never treated as continuous oxygen data. Breathing-disturbance index is never renamed AHI or ODI. Reports support awareness and professional discussion but do not diagnose sleep apnoea or another condition.