

After-visit summary

Patient: Alex Rivera
DOB: 1992-03-14 · Age: 34
Visit type: Sleep medicine consultation

REASON FOR VISIT

Loud snoring, witnessed pauses in breathing, and daytime fatigue for about six months.

ASSESSMENT

- 1. Obstructive sleep apnea, mild (AHI 9.2 events/hr on home sleep test)
 - 2. Type 2 diabetes mellitus, well controlled on current therapy
- Family history: father with heart failure.

MEDICATIONS

Continue metformin 500 mg twice daily.
Start melatonin 3 mg nightly for sleep onset.

RECENT RESULTS

Test	Result	Date
Hemoglobin A1c: 6.6 %	6.6 %	2026-09-12
LDL cholesterol: 118 mg/dL	118 mg/dL	2026-09-12

PLAN

Trial of positional therapy; revisit CPAP if symptoms persist. Patient interested in sleep research opportunities.