SLEEP GOAL INDEX (SGI)
Pang KP et al. (2025)

SLEEP GOAL INDEX – SGI

A.	Reduction of either SBP or DBP by 7mmHg or both combined by 5mmHg each
B.	Reduction of gross weight by 8% or a BMI drop by 2 points
C.	Reduction of 50% of the Oxygen duration below 90%
D.	AHI reduction of 50% (from pre-op)

PATIENT PROFILE

Name: _____   Gender: _____   Date of Birth: _ _ / _ _ / _ _ _ _

D D M M Y Y Y Y

TYPE OF TREATMENT: _____

Pre-Treatment	Post Treatment	Criteria Fulfilled ✔
Date:	Date:	
Height: Weight: BMI:	Height: Weight: BMI:	
Mean SBP: Mean DBP:	Mean SBP: Mean DBP:	
PSG Date: AHI: RDI:	PSG Date: AHI: RDI:	
T90 (min):	T90 (min):	

Notes:

1. *Blood pressure readings should preferably be taken on 3 separate occasions (with the mean value calculated), at home ideally, with the patient's own BP machine (to prevent white-coat hypertension).*
2. *Gross weight reduction is based on the patient's pre-treatment weight recorded.*
3. *T90 – is the total duration (minutes) below 90% oxygen saturation.*
4. *AHI reduction is reduced from half of its original pre-treatment value.*
5. *Post-treatment PSG should be preferably 3 months (onwards) after treatment date.*
6. *Put a tick ✔ in the box if the criteria is fulfilled.*
7. *Treatment is considered successful with 2 out of the 4 SGI parameters fulfilled.*

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