HIGH RESOLUTION PULSE OXIMETRY TEST – FACT SHEET FOR PATIENTS

Nocturnal high resolution pulse oximetry measures and records the level of oxygen in your blood as you sleep as well as the tone/activity of your autonomic nervous system (fight/flight vs rest/digest).

What can be discerned from this test:

- What your baseline blood oxygen level is
- Does your blood oxygen level change while you sleep?
- Do you stop breathing for periods of time during your night of sleep?
- How active/reactive is the fight/flight nervous system in response to breathing changes?
- How many times per hour does your nervous system interrupt your sleep to protect your breathing?
- How much time is spent in tachycardia, which is a high rate state?

Ultimately this tool is screening for obstructive sleep apnea and/or how interrupted or fragmented your sleep is.

Why do I need it?

There are several reasons that your healthcare provider may recommend overnight home oximetry. Common reasons include:

- As part of an initial screening for upper airway resistance and/or obstructive sleep apnea (OSA). OSA is a condition in which you briefly stop or reduce your breathing while you sleep. When this happens, the level of oxygen in your blood may drop, which will be measured and recorded on the oximeter.
- Overnight pulse oximetry monitoring is a cost effective and minimally invasive method to assess your baseline for breathing/sleep quality and then it is your metric on how you are improving with treatment/therapy.

The table below lists common potential benefits, risks, and alternatives for home oximetry. Other benefits and risks may apply in your unique medical situation. Talking with your healthcare providers is the most important part of learning about the risks and benefits. If you have questions, be sure to ask.

Potential benefits	Risks and potential problems	Alternatives
• Can be a first step in screening for OSA. • Offers the convenience of being at home. • It provides your clinician with objective data which they can use when determining the best treatment settings.	• If you turn off the oximeter in the night and don't remember to turn it back on, you won't have a full night's results. • The test does not provide all the information needed to diagnose sleep apnea or other conditions. • If you drop the oximeter (especially into water), it can be damaged.	• PSG: An overnight facility-based test. A PSG is considered the gold standard for diagnosing apnea and a number of other sleep disorders. • HST: A multi-channel portable home monitor. • Talk to your healthcare provider to determine which option is best for you.