

OXIMETRY PRACTICAL GUIDE

To carry out an oximetry test at home, you will be asked to follow the instructions provided in this document.

Step 1

Before going to bed, place the oximeter on your non-dominant wrist and tighten the strap so that the device fits snugly against your wrist.

Step 2

Insert the cable plug into the slot on the oximeter. The wire should go over the back of your hand.

Step 3

Insert the saturation sensor onto your index finger all the way to the tip. If possible, avoid nail polish.

Step 4

The oximeter turns on and off automatically. Wear it on your wrist for the duration indicated by your sleep specialist.



Your oximeter will measure the oxygen level in your blood and, more specifically, the effectiveness of your CPAP treatment.

When you wake up, put away your oximeter, then make sure to complete the sleep questionnaire by scanning the QR code below:



This questionnaire will allow us to assess the quality of your CPAP treatment.

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