**Draft from Shengtao Zhong, prepare for the next meeting to combine suggestions:**

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Link: https://www.zhihu.com/question/26861240/answer/86988819

Source: Zhihu

1: Blood oxygen: The key to this indicator is to monitor SpO2 (blood oxygen saturation), which is the core data for monitoring hypoxia.

2: Oral and nose airflow: The detection principle of this indicator is to detect whether there is airflow through the nose and mouth through sensors. This is an important monitoring indicator for apnea, such as patients with obstructive apnea (such as nasal polyps, throat stenosis, septum Patients with deviations). This kind of people will have symptoms of sudden loss of nose and mouth airflow (apnea) during sleep. This is a very dangerous signal.

3: Thoracic/abdominal breathing: This indicator is intended to more accurately distinguish the types of apnea. For example, during obstructive sleep apnea, there is no airflow in the nose and mouth, but there is still chest-abdominal breathing movement (the patient often has "suffocation" "status).

4: Snoring sound: This indicator is to record the loudness of snoring sound, with the above three indicators for more precise analysis.