|  |  |
| --- | --- |
| 登录/注册： | login/Register: |
|  |  |
| 兆观惠照护 | MegaHealth |
| 短信验证登录/注册 | SMS Verification login / Register |
| 未注册的手机号，验证后即完成注册 | For unregistered mobile phone number, registration is completed after verification. |
| 请输入手机号/请输入手机验证码/获取验证码 | Please enter mobile number / Please enter mobile verification code / Get Verification code |
| 同意隐私政策 | Agree to privacy policy |
| 您必须勾选同意隐私政策才能使用本产品 | You must tick to agree to privacy policy before using this product. |
| 在线客服 | online service |
| 账号密码登录 | Account password login |
| 登录成功/失败 | Login succeeded / failed. |
|  |  |
| 忘记密码： | Forget password: |
| 重置密码需要验证您的登录手机号 | Resetting password requires verifying your login mobile phone number. |
| 手机号格式不正确 | Incorrect phone number format |
| 发送成功/发送失败，请重试/60s后重发 | Sending succeeded / failed. Please retry resend after 60s. |
| 用户名不存在，请注册 | Username does not exist, please register. |
| 密码输入不一致 | Inconsistent password input |
|  |  |
| 首页： | Home: |
|  |  |
| 室温 | Room temperature |
| 姓名/身高/体重/性别/年龄 | Name / Height（cm） / Weight（kg） / Gender / Age（years） |
| 请完善您的信息 | Please complete your information. |
|  |  |
| 当前网络：WiFi信号/移动信号/无网络 强/中/弱 | Current network: WiFi signal / mobile signal / no network  strong / medium / weak |
| 当前移动网络信号过弱，请调整设备位置或使用配网APP切换至无线网络以保证设备正常使用。如何配网？ | The current mobile network signal is too weak. Please adjust device location or use distribution network APP to switch to wireless network, to ensure the device's normal use. How to distribute the network? |
| 当前无线网络信号过弱，请调整设备位置以保证设备正常使用。 | The current wireless network signal is too weak. Please adjust device location to ensure the device's normal use. |
|  |  |
| 实时监测状态 | Real-time monitoring status |
| 静息/活动/离床 | Rest / Activity / Leaving bed |
| 您的设备已断开连接 | Your device is disconnected. |
| 设备未连接/已连接/已监测/未监测。如何连接设备？ | The device is not connected / connected / monitored / not monitored. How to connect the device? |
| 戒指未绑定，绑定戒指以获取实时的血氧饱和度。如何让绑定戒指？ | The ring is unbound. Bind the ring to get real-time oxygen saturation. How to bind the ring? |
| 绑定设备 | Bind device |
| 当前账号未绑定设备，请先绑定设备 | The current account is not bound to the device. Please bind the device first. |
|  |  |
| 实时呼吸率 | Real-time respiration rate |
| 静息心率 | Resting heart rate |
| 监测时段 | Monitoring period |
| 监测距离 | Monitoring distance |
| 离床告警时间 | Out of bed duration alarm |
|  |  |
| 监护仪信息 | Monitor information |
| 戒指信息 | Ring information |
| 当前状态 | Current state |
| 剩余电量 | remaining battery |
| 升级固件/正在升级固件/已是最新版本 | Upgrade firmware / Upgrading firmware / Already the latest version |
| 固件正在升级，请耐心等待约15分钟，升级成功后设备将自动重启 | Updating firmware now. Please wait for about 15 minutes. The device will restart automatically after successful upgrade. |
| 升级设备固件版本 | Upgrade device firmware version |
| 发现新的监护仪固件版本，请升级 | A new monitor firmware version is found. Please upgrade. |
|  |  |
| 展开/收起设备信息 | Open / Close device information |
|  |  |
| 报告日期 | Report date |
| 查看健康报告 | View health report |
| 有血氧报告未收取，请确认戒指有电并靠近监护仪。 | There is missing blood oxygen report. Please confirm that the ring is powered on and is close to the monitor. |
| 当天未生成有效报告 | No valid report generated on the day |
| 无效报告 | Invalid report |
| 呼吸质量 | AHI |
| 2019年2月25日您的呼吸质量等级为优/良/中/差 | Your respiratory quality rating is excellent / good / medium / poor on February 25, 2019 |
|  |  |
| 健康报告： | Health report: |
|  |  |
| 睡眠呼吸健康报告 | Sleep monitoring report |
| 房间号 | Room number |
| 个人版 | Personal version |
| 记录时间 | Recording time |
|  |  |
| BMI简介 | BMI introduction |
| 体质指数（BMI）= 体重（kg）÷ 身高²（m）。 | Body mass index (BMI) = weight(kg) / height(m)2 |
| 中国体质标准：过轻（BMI<18.5），正常范围 18.5~23.9，超重24.0~27.9，肥胖≥28.0。 | Chinese constitutional standards: Underweight (BMI＜18.5), Normal weight 18.5~23.9, Overweight 24.0~27.9, Obese ≥28.0. |
| 若您的BMI指数已超过23.9或低于18.5，应当引起足够的重视。 | If your BMI is above 23.9 or below 18.5, you should pay attention. |
|  |  |
| 数据摘要 | Data summary |
| 呼吸质量 | AHI |
| 异常离床次数：超过2分钟的离床评定为异常离床 | Abnormal times of getting off bed: getting off bed for more than 2 minutes will be seen as abnormal off bed. |
| 最高/最低呼吸率 | Highest / lowest respiratory rate |
| 最高/最低心率 | Highest / lowest heart rate |
| 最高/最低血氧值 | Highest / lowest blood oxygen value |
|  |  |
| 睡眠时间统计 | Sleep Time Statistics |
| 开始记录时间 | Recording start Time |
| 开始入睡时间 | Start Sleeping Time |
| 结束睡眠时间 | End Sleeping Time |
| 记录结束时间 | Recording End Time |
| 睡眠效率 | Sleep Efficiency |
| 总睡眠时长 | Total Sleep Time |
| 深睡眠时长 | Deep Sleep Time |
|  |  |
| 睡眠分期： | Sleep stage: |
| 睡眠存在一个生物节律，即大约在90~100分钟的时间内经历一个有4个不同阶段的周期，国际睡眠医学将睡眠阶段分为四期：清醒期、浅睡期、深睡期、快速动眼期。 | There is a biological rhythm in sleep, i.e. a cycle of 4 different phases in about 90 to 100 minutes. International sleep medicine divides the sleep stage into four phases: awake, light sleep, deep sleep, and rapid eye movement. |
|  |  |
| 清醒期：睡眠的开始，昏昏欲睡的感觉就属于这一阶段。此时脑波开始变化，频率渐缓，振幅渐小。 | Awake: This is the beginning of sleep, the feeling of drowsiness belongs to this stage. At this phase, brain waves begin to change, frequency gradually decreases, and amplitude gradually decreases. |
|  |  |
| 快速眼动期：在此阶段，脑波迅速改变，出现与清醒状态时的脑波相似的高频率、低波幅脑波，但其中会有特点鲜明的锯齿状波。睡眠者通常会有翻身的动作，并很容易惊醒，似乎又进入阶段1的睡眠，但实际是进入了一个被称为快速眼动睡眠的睡眠阶段。因为，此时除了脑波的改变之外，睡眠者的眼球会呈现快速跳动现象。如果此时将其唤醒，大部分人报告说正在做梦。因此，REM就成为睡眠第四个阶段的重要特征，也成为心理学家研究做梦的重要根据。 | Rapid eye movement: At this phase, brain waves change rapidly, while high-frequency, low-amplitude brain waves similar to those in awake phase appear, with distinctive jagged waves. Sleepers usually have a turn-around action and are easily awakened, seemingly entering the 1st phase sleep again, but actually entering a sleep phase called rapid eye movement. This is because the sleepers' eyes show a rapid beating phenomenon, in addition to brain waves changes. If you wake them up at this phase, most sleepers report being dreaming. Therefore, REM has become an important feature of the 4th stage of sleep, as well as an important basis for psychologists to study dreams. |
|  |  |
| 浅睡期：开始正式睡眠，属于浅睡阶段。此时脑波渐呈不规律进行，频率与振幅忽大忽小，其中偶尔会出现被称为“睡眠锭”的高频、大波幅脑波，以及被称为“K结”的低频、很大波幅脑波。 | Light sleep: Starting period of real sleep belongs to shallow sleep stage. At this phase, brain waves gradually become irregular, while frequency and amplitude fluctuate, among which there are occasional high-frequency, large-wavelength brain waves called "sleeping ingots", and low frequency, large wave brainwaves called "K-junction".. |
|  |  |
| 深睡期：处于深睡阶段，睡眠者不易被叫醒。此时脑波变化很大，频率只有每秒1~2周，但振幅增加较大，呈现变化缓慢的曲线。这三个阶段的睡眠共要经过约60〜90分钟，而且均不出现眼球快速跳动现象，故也可称为非快速眼动睡眠。 | Deep sleep: In deep sleep phase, sleepers are not easy to be awakened. At this phase, brain waves change greatly, and frequency is only 1~2 cycles per second, while amplitude increases greatly, showing a slowly changing curve. These three sleep phases will in total go through about 60 to 90 minutes, and there is no rapid eye movement phenomenon, so it can also be called non-rapid eye movement sleep. |
| B |  |
| 24H生命体征变化 | 24H vital signs changes |
|  |  |
| 睡眠呼吸事件 | Sleep respiratory event |
| 总呼吸事件次数 | Total number of respiratory events |
| 最长暂停和低通气发生于 | The longest apnoea and hypopnea occurred at |
| 持续时间 | Duration |
| 阻塞及低通气事件次数 | Number of apnoea and hypopnea events |
| 中枢性呼吸事件次数 | Number of central respiratory events |
| 混合性呼吸事件次数 | Number of Mixed respiratory events |
|  |  |
| 睡眠血氧趋势 | Sleep blood oxygen trend |
| 睡眠体动占比 | Sleep body movement ratio |
| 睡眠体动幅度 | Sleep body movement amplitude |
|  |  |
| 专家评估建议： | Expert assess suggestions: |
| 睡眠分期分析： | Sleep stage analysis: |
| 您的总睡眠时间为8小时23分钟，睡眠效率为93%，其中深睡期占比39%，浅睡期占比38%，快速眼动期占比16%。 | Your total sleep time is 8 hours and 23 minutes, with a sleep efficiency of 93%, of which deep sleep period accounts for 39%, light sleep period accounts for 38% and rapid eye movement period accounts for 16%. |
| 睡眠呼吸综述： | Sleep respiratory review: |
| 符合<轻度/中度/重度>睡眠呼吸暂停低通气综合征的诊断 | In compliance with diagnosis of <mild / moderate / severe> Sleep Apnoea Hypopnea Syndrome |
| 建议： | Suggestions: |
| 1. 保持良好的生活习惯； | 1. Good living habits; |
| 2. 适当运动，增强体质； | 2. Appropriate exercise to enhance physical fitness; |
| 3. 定期进行睡眠监测。 | 3. Regular sleep monitoring. |
|  |  |
| 饮食宜清淡，戒烟、戒酒；适当运动，增强体质，控制BMI（身体质量指数）在18.5 - 24；使用右侧卧位睡姿入眠；慎用或停用镇静、安眠药物； | Keeping light Diet, quitting smoking and alcohol; Keeping proper exercise, enhancing physical fitness, controlling BMI (body mass index) at 18.5-24; sleeping in right lateral position; Keep cautious use or stop using sedative or sleeping pills; |
|  |  |
| 最好连续睡眠监测，留意睡眠呼吸状态的变化趋势； | It is best to monitor sleep continuously, and pay attention to the variation tendency of sleep breathing state; |
|  |  |
| 轻度患者，但症状明显（如白天嗜睡、认知障碍、抑郁等），合并或并发心脑血管疾病和糖尿病等，应压力滴定后，进行无创气道正压通气治疗。 | Mild patients, but the symptoms are obvious (such as daytime sleepiness, cognitive impairment, depression, etc.), combined or complicated with cardiovascular and cerebrovascular diseases and diabetes, etc. Patients should get non-invasive positive airway pressure therapy after pressure titration. |
|  |  |
| 结合临床完善相关检查； | Improve related examinations combined with clinical; |
|  |  |
| 耳鼻喉科就诊，了解有无口部咽喉部位解剖学异常，必要时进行鼻咽部CT / MRI了解有无手术指症状； | Go to otolaryngology clinic, see if there is abnormal anatomy of the mouth and throat. If necessary, carry out CT / MRI of the nasopharynx to see if there is surgical finger symptoms; |
|  |  |
| 排除上呼吸道病变后，转睡眠呼吸专科就诊，经压力滴定测试后，无论是否手术均建议夜间无创正压通气治疗； | After the upper respiratory tract lesions is excluded, the patient goes to the sleep breathing specialist. After the pressure titration test, no nighttime non-invasive positive pressure ventilation therapy is recommended no matter operation or not. |
|  |  |
| 最好连续的睡眠监测，治疗3 - 6月后进行门诊复诊。 | It is best to have continuous sleep monitoring and do follow-up visits after 3 to 6 months. |
|  |  |
| 设置： | Settings: |
|  |  |
| 当前版本 | Current version |
| 绑定戒指： | Binding ring: |
| 绑定戒指注意事项： | Binding ring notes: |
| 1. 打开开关2min后再重启设备 | 1. Restart the device after turning on switch for 2 minutes. |
| 2. 智能戒指在设备启动3min内可以绑定新戒指 | 2. The smart ring can be bound to a new ring within 3 minutes of device startup. |
| 3. 绑定完后请手动关闭绑定开关 | 3. Turning off the binding switch manually after binding. |
| 4. 已绑定过的智能戒指，设备会自动连接 | 4. The device will automatically connect the smart ring that has been bound before. |
|  |  |
| 退出当前账号 | Exit current account |
| 确定退出当前帐号吗？ | Are you sure you want to exit current account? |
| 上海兆观信息科技有限公司 | Shanghai MegaHealth Information Technologies CO., LTD |
|  |  |
| 修改密码： | Reset password: |
| 请输入旧密码/新密码 | Please enter the old password / new password. |
| 请确认新密码 | Please confirm the new password |
| 确认修改 | Confirm the reset |
|  |  |
| 更换设备： | Change device: |
| 扫描二维码 | Scan QR code |
| 扫描设备背部二维码 | Scan the QR code on the back of the device |
| 手动输入设备号 | Manually enter the device number |
| 请输入14位设备号 | Please enter the 14-digit device number. |
| 验证超时，请重试 | Verification timed out. Please try again. |
| 正在绑定设备 | Binding device |
| 绑定成功：当前用户已成功绑定设备 | Bind completed: The current user has successfully bound the device. |
| 设备已绑定：该设备已绑定当前手机号，请勿重复绑定 | The device is bound: the device is bound to the current mobile phone number. Do not repeat binding. |
|  |  |
| 告警设置： | Warn settings: |
| 实时监测告警配置 | Real-time monitoring of warn configurations |
| 基础设置/高级设置/更新设置/设置成功 | Basic Settings / Advanced Settings / Update Settings / Settings Completed |
| 睡眠监测时段 | Sleep monitoring period |
| 开始/结束时间 | Start / end time |
| 紧急联系人 | Emergency contact |
| 请输入紧急联系人手机号 | Please enter the emergency contact mobile phone number. |
| 您可以添加1~3位紧急联系人，告警信息（短信/语音）会通知紧急联系人。 | You can add 1~3 emergency contacts, and the emergency contacts can receive warn notification (SMS / voice). |
| 监测距离 | Monitoring distance |
| 离床告警 | Getting off bed warning |
| 是否启用 | Whether to enable |
| 告警策略 | Warning strategy |
| 告警方式 | Warning method |
| 短信/语音通知 | SMS / voice notification |
| 在睡眠监测时段内，离开2分钟，告警一次。 | During the sleep monitoring period, if leaving bed for 2 minutes, the warn will be given once. |
| 在睡眠监测时段开启后5分钟内未上床，告警一次。 | After the sleep monitoring period starts for 5 minutes, if nobody is in bed, the warn will be given once. |
| 正常呼吸率范围（次/分钟） | Normal respiratory rate range (times / minute) |
| 5分钟内，呼吸率低于最低值/高于最高值超过2次，告警一次。 | Within 5 minutes, if the respiration rate is lower than the lowest value / higher than the highest value for more than twice, the warn will be given once. |
| 睡眠监测时段请设置在4~12小时之内 | Please set the sleep monitoring period in the range of 4~12 hours. |
| 请选择正确的呼吸率范围 | Please choose the correct respiratory rate range. |
| 告警触发条件的时间应大于次数 | The time for the warn to be triggered should be longer than times. |
|  |  |
| 使用帮助： | Use Tips: |
|  |  |
| 小程序使用指南 | Mini program use guide |
| 建议您全屏观看 | Full-screen watch recommended |
|  |  |
| 睡眠监护仪桌面支架安装指南： | Sleep Monitor Desktop Holder Installation Guide: |
| 1. 打开监护仪包装盒，取出监护仪、适配器和天线 | 1. Open the box and remove the monitor, adapter and antenna. |
| 2. 把天线安装在监护仪的右上角处，取出电源线线卡 | 2. Install antenna in the upper right corner of the monitor and remove the power cord card. |
| 3. 将监护仪固定在桌面支架的固定板上 | 3. Fix the monitor to the mounting plate of the desktop holder. |
| 4. 取出配送的螺丝固定在设备背面的卡槽处 | 4. Remove the supplied screws and fix them in the slot on the back of the device. |
| 5. 将随手贴撕下保护膜，粘贴在设备预放置的桌面，尽量靠近在桌面边角处 | 5. Remove the protective film from the hand sticker and paste it on the pre-placed table of the device, as close as possible to the table corner. |
| 6. 将设备底板支架压紧在随手贴上，即可固定支架 | 6. Press the device bottom holder on sticker to fix the holder. |
| 7. 通过调整桌面支架固定板，使监护仪正面指向被监测人的胸腔位置附近 | 7. Adjust fixing plate of desktop holder, so that the front of the monitor is pointing to the chest position of the monitored person. |
| 8. 将电源线线卡固定在电源线适配器上，之后固定在监护仪背面的卡槽处 | 8. Secure the power cord card to the power cord adapter, then secure it to the card slot on the back of the monitor. |
| 9. 最后，给监护仪插上电源 | 9. Finally, plug in the monitor. |
|  |  |
| 睡眠监护仪落地支架安装指南： | Sleep monitor floor holder installation guide: |
| 1. 打开监护仪包装盒，取出监护仪、适配器和天线 | 1. Open the box and remove the monitor, adapter and antenna. |
| 2. 把天线安装在监护仪的右上角处，取出电源线线卡 | 2. Install antenna in the upper right corner of the monitor and remove the power cord card. |
| 3. 把监护仪装在落地支架上进行固定 | 3. Fix the monitor on the floor stand. |
| 4. 调整落地支架上的螺丝来固定住监护仪 | 4. Adjust the screws on the floor stand to secure the monitor. |
| 5. 通过调整落地支架的方向，使监护仪正面指向被监测人胸腔位置附近 | 5. Adjust the direction of the floor stand, so that the front of the monitor is pointing to the chest position of the monitored person. |
| 6. 把电源线线卡固定在适配器电源线上，之后固定在监护仪背面的卡槽处 | 6. Fix the power cord card to the adapter power cord and then secure it to the card slot on the back of the monitor. |
| 7. 最后，给监护仪插上电源，待状态指示灯绿色闪烁时，监护仪开始启动 | 7. Finally, plug in the monitor and wait until the status indicator flashes green to start the monitor. |
|  |  |
| 睡眠监护仪连接指南： | Sleep monitor connection guide: |
| 1. 插上电源适配器，检查监护仪是否上电； | 1. Plug in the power adapter and check if the monitor is powered on. |
| 2. 登录账号并绑定设备成功后，一至两分钟内，小程序页面会显示监护状态 (监护仪已配置了GPRS，设备可自动连接网络)； | 2. Log in to the account and bind the device. One to two minutes later, the applet page will display the monitoring status (the monitor has been configured with GPRS, and the device can be connected to the network automatically); |
| 3. 若监护仪已上电但显示设备未连接，检查监护仪所在地是否有移动信号； | 3. If the monitor is powered but no device is not connected, check if there is mobile signal at the monitor location; |
| 4. 若当前移动信号过弱，请配置WiFi连接互联网。 | 4. If the current mobile signal is too weak, please configure WiFi to connect to the Internet. |
| 相关问题 | Related question |
| 睡眠监护仪如何配置WiFi网络？ | How does the sleep monitor configure the WiFi network? |
|  |  |
| 睡眠监护仪配网指南： | Sleep monitor distribution guide: |
| 1. 请下载并安装“监护配置”APP。 | 1. Please download and install "Guardian Configuration" APP. |
| 点击复制下载链接在浏览器中打开 | Click to copy download link and open in the browser. |
| 2. 根据下拉列表框中的热点名，在文字框中输入相应的WiFi密码。 | 2. Enter the corresponding WiFi password in the text box according to the hotspot name in the drop-down list box. |
| 3. 根据提示将手机音量调至合适大小，并靠近监护仪正面，距离小于10厘米。 | 3. Adjust the mobile phone volume to appropriate size and keep it close to the front of the monitor, less than 10 cm away. |
| 4. 点击App下方“开始配置”按钮，耐心等候，待监护仪发出配置成功提示音后可关闭应用。 | 4. Click the “Start Configuration” button in the lower part of the App and wait patiently. After the monitor sends a configuration success tone, you can close the application. |
| 注意：如果监护仪连接wifi失败，请检查： | Note: If the monitor fails to connect to wifi, please check: |
| 1. 手机连接的是否是2.4G的网络 | 1. Is the mobile phone connected to 2.4G network? |
| 2. WIFI密码是否输入正确 | 2. Is the WIFI password entered correctly? |
| 3. 周围环境是否安静 | 3. Is the surrounding environment quiet enough? |
| 4. 手机音量是否够大 | 4. Is the mobile phone volume enough? |
|  |  |
| 戒指绑定指南： | Ring binding guide: |
| 1. 戒指充电： | 1. Ring charging: |
| 请将戒指充电内圈弹性伸缩柱压下并卡入充电座中，两电极对应指示标志； | Please press the ring to charge the inner ring elastic telescopic column and snap it into the charging stand. The two electrodes correspond to the indicator mark; |
| 充电开始时，戒指内圈绿灯慢闪； | When the charging starts, the green light inside the ring flashes slowly; |
| 电量充满后，戒指绿灯长亮。 | When the battery is full, the ring green light is on. |
| 2. 设备启动三分钟内，把戒指靠近监护仪，设备将会搜索信号最强的戒指； | 2. Within three minutes after starting the device, place the ring close to the monitor and the device will search for the ring with the strongest signal; |
| 3. 搜索到戒指信号后，设备语音提示：“请晃动戒指，完成绑定”； | 3. After receiving the ring signal, the device voice prompts: “Please shake the ring and complete binding”; |
| 4. 晃动戒指，设备提示“智能戒指绑定成功”； | 4. Shake the ring and the device prompts “Smart Ring Binding Successful”; |
| 5. 如未绑定成功，请重新启动设备后重试。 | 5. If the binding is not successful, please restart the device and try again. |
|  |  |
| 设置用户信息： | Set user information: |
|  |  |
| 请填写被监护人的信息（\*为必填项） | Please fill in the information of the guardian (\* is required) |
| 被监护人姓名 | Guardian name |
| 既往病史 | Past medical history |
| 高血压/糖尿病/痛风/冠心病/心绞痛/脑梗塞/便秘/失眠/骨质疏松/甲亢/慢性支气管炎 | Hypertension / Diabetes / Gout / Coronary Heart Disease / Angina / Cerebral Infarction / Constipation / Insomnia / Osteoporosis / Hyperthyroidism / Chronic Bronchitis |
| 其他病史 | Other medical history |
| 请检查信息是否完整无误 | Please check if the information is complete. |
| 设置成功 | Setup completed |
| 设置失败，请重试 | Setup failed. Please try again. |
|  |  |
| 医疗网络版报告页内容： | Content of medical web report page: |
|  |  |
| 睡眠呼吸报告 | Sleep Monitoring Report |
| 设备编号 | Device number |
| 病例号 | Case number |
| 记录开始时间 | Recording Start Time |
| 总记录时间 | Total recording time |
| 总睡眠时间 | Total sleep time |
| 呼吸事件 | Respiratory event |
| 平均暂停和低通气时间(秒) | Average apnoea and hypopnea time (seconds) |
| 最长暂停和低通气时间(秒) | Longest apnoea and hypopnea time (seconds) |
| 该事件发生于 | The event occurred in |
| 总呼吸事件数(次) | Total number of respiratory events (times) |
| 总呼吸事件时间(分钟) | Total respiratory event time (minutes) |
| 占总记录时间 | Total recording time |
| 阻塞及低通气事件数(次) | Number of apnoea and hypoventilation events (times) |
| 中枢性呼吸事件数(次) | Number of central respiratory events (times) |
| 混合性呼吸事件数(次) | Number of mixed respiratory events (times) |
| 睡眠分期统计 | Sleep stage statistics |
| 睡眠阶段 | Sleep phase |
| 持续时间(分钟) | Duration (minutes) |
| 总占比 | Total proportion |
| 诊断意见 | Diagnosis |
| 医师 | Doctor |
| 呼吸波 | Breathing wave |
| 呼吸事件（秒） | Respiratory event (seconds) |
| 您的AHI指数为 | Your AHI index is |
| 夜间平均血氧饱和度为96.9%，最低血氧饱和度为82.5%（标准值：>90%（正常）），不符合低氧血症诊断。 | The average night-time oxygen saturation is 96.9%, and the lowest oxygen saturation is 82.5% (standard value: >90% (normal)), which is not consistent with hypoxemia diagnosis. |
| （标准值：80% ~ < 85%（轻度/中度/重度）），符合“轻度/中度/重度”低氧血症诊断。 | (Standard value: 80% ~ < 85% (mild / moderate / severe)), in line with the "mild / moderate / severe" hypoxemia diagnosis. |
| 兆观睡眠呼吸健康中心 | Megasens Sleep Respiratory Health Center |
| 全部报告 | All reports |
| 设备列表 | Device List |
| 报告编号 | Report number |
| 设备编号 | Device number |
| 记录日期 | Recording date |
| 操作 | operating |
| 未登记 | Unregistered |
| 监测范围内无人 | No person is found within the monitoring range. |
| 有效监测时间过短 | Effective monitoring time is too short. |
| 全部设备 | All equipments |
| 戒指异常告警 | Ring abnormal warn |
| 一般告警 | General warn |
| 严重告警 | Critical warn |
| 初筛仪编号 | apnoea Screener number |
| 初筛仪版本号 | apnoea Screener version number |
| 戒指状态 | Ring status |
| 联网状态 | Network status |
| 监测时间段 | Monitoring period |
| 归属账号 | Home account |
| 未上线 | Offline |
| 上线 | Online |
| 监测中 | Monitoring |
| 未绑定 | Unbound |
| 已绑定 | Bound |
| 加载中，请稍等 | Loading, please wait. |
| 请求数据失败,请检查你的网络并重试 | Requesting data failed. Please check your network and try again. |
| 型号 | Model |
| 电量 | Electricity |
| 待收数据（有/无） | Data to be received (yes / no) |
| 固件版本 | Firmware version |
| 未启用 | Not enabled |
| 未连接 | Unconnected |
| 已连接（电量低） | Connected (low battery) |
| 查看详情 | See details |
| 设备版本号 | Device version number |
| 戒指管理 | Ring management |
| 呼吸灯开关 | Breathing light switch |
| 总报告数 | Total number of reports |
| 用户名或密码错误 | wrong user name or password |
| 请查看网络是否连接 | Please check if the network is connected. |
| 密码修改成功 | Password reset completed. |
| 原密码错误 | The original password is wrong. |
| 请填写新的昵称 | Please fill in new nickname. |
| 修改昵称成功 | Nickname reset completed |
| 修改失败，请查看网络是否连接 | Nickname reset failed. Please check if the network is connected. |
| 监测时间段请控制在4-12小时之间 | Please keep monitor period within the range of 4-12 hours. |
| 设备信息输入有误，请检测 | Incorrect device information input, please check. |
| 设备信息更新成功 | Device information update succeeded. |
| 设备信息更新失败，请重试 | Device information update failed, please try again. |
| 请检查网络情况，重新获取数据 | Please check the network and regain data. |
| 血氧数据未收取，请收取后再查看；或点击确定直接查看 | Blood oxygen data is not collected, please check it later; or click OK to view it directly. |
| 保存信息成功 | Information saving succeeded. |
| 格式错误，请重新填写 | The format is wrong, please re-fill. |
| 数值低于最低血氧，修改无效 | The value is lower than the minimum blood oxygen. The modification is invalid. |
| 数值低于最小心率，修改无效 | The value is lower than the minimum heart rate. The modification is invalid. |
| 总占比大于100%，请重新填写 | The total proportion is greater than 100%, please re-fill. |
| 当前没有启用的戒指 | No enabled ring now |
| 请求数据失败，请检查你的网络并重试 | Data request failed, please check your network and try again. |
| 戒指启用中 | Enabling ring now |
| 确定启用？该操作将导致待收血氧数据丢失 | Are you sure to enable? This operation will result in loss of blood oxygen data to be collected. |
| 确定启用？该操作将导致监测血氧数据丢失 | Are you sure to enable? This operation will result in loss of blood oxygen data in monitor. |
| 确定启用该戒指 | Sure to enable this ring |
| 启用失败，请查看网络情况后重试 | Enabling failed. Please check the network and try again. |
| 请查看网络连接是否匹配 | Please check if the network connection matches. |
| 请查看戒指是否震动 | Please check if the ring is vibrating. |
| 请查看戒指是否亮屏 | Please check if the ring is bright. |
| 戒指未启用，不支持查找 | Ring is not enabled. Search is not supported. |
| 请与管理员联系 | Please contact administrator. |
| 戒指未启用，不支持升级 | Ring is not enabled. Update is not supported. |
| 戒指已是最新版本 | The ring is the latest version. |
| 监测状态不支持升级，该操作将导致血氧数据丢失 | Monitoring status does not support upgrade, which will result in loss of blood oxygen data. |
| 升级成功 | updating succeeded. |
| 升级失败，请检查网络并重试 | Upgrade failed. Please check the network and try again. |
| 戒指进入监测状态时可预览 | Preview when the ring enters the monitoring state |
| 没有启用的戒指 | No enabled ring |
| 未绑定戒指 | Ring unbound |
| 解绑失败，请查看网络情况后重试 | Unbinding failed. Please check the network and try again. |
| 您的信息有误，请重新填写(身高、体重最多保留一位小数) | Your information is incorrect. Please re-fill (up to one decimal place for height and weight). |
| 戒指已被其他设备绑定，请解绑后重新绑定 | The ring has been bound by other devices. Please re-bind the ring after it is unbound. |