

Results of an Overnight Pulse Oximetry Test, which was ordered by my cardiologist.

The results are quite remarkable:

With the tape, oxygen saturation never went below 91%; without tape, it dropped as low as 76%.

Similarly, with tape, heart rate ranged from 85 to 98; without tape, heart rate varied from a low of 45 to 208 at one brief point.

With the tape there were just 39 - 4% desaturation events totaling 19 minutes; without the tape - 64 events lasting a total of 33 minutes.

With the tape, there were just six 5% desaturation events totaling less than 4 minutes; without the tape, there were fifteen 5% desaturation events totaling almost 8 minutes.

This is really sweet confirmation of the benefits of nasal breathing, especially at night - and doubly so, as the cardiologist was rather dismissive when hearing of the taping a couple of months ago ;-).