

Blood Oxygen Level Chart Sleeping

Oxygen Saturation Level	Blood Oxygen Level Readings
95% to 100%	Normal
91% to 95%	Below Normal
Below 90%	Low
80 to 85%	Low (affects your brain)
67%	Cyanosis (bluish color on the skin and other body parts)

Sleep-related hypoxemia (when blood oxygen levels fall below 90% during sleep)

Symptoms:

- Fast breathing
- Snoring
- Drowsiness during daytime
- Difficulty breathing
- Coughing

Some causes of low oxygen levels in the blood:

- Anemia
- Congestive heart failure
- Smoke inhalation
- High altitudes
- Pneumonia
- Diffusion impairment

Sleeping In The Blood

M Tight



Sleeping In The Blood:

Reviewing **Sleeping In The Blood**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Sleeping In The Blood**," an enthralling opus penned by a very acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book's central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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