

Apnea Monitor: Understanding the Basics



What is a home monitor?

The home monitor is a small, portable machine parents take home with them to monitor their child's breathing and heart rate. Alarm limits will be set and programmed in the monitor according to your baby's age and doctor's orders.

The monitor will sound an alarm to alert you whenever the heart rate or breathing pattern is outside of the set parameters. The monitor records event information during the alarm and stores it in its memory. This information can then be downloaded from the monitor so your baby's caregivers can determine the extent of these alarms, along with any necessary interventions.