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The Connection of Normal Blood Oxygen Level and Eye Blinking

ABSTRACT

Objective of the present study was to examine any relation among the normal blood oxygen level and eye blinking. Total of 200 subjects were participated in this study. Method to measure oxygen level was given as. Peripheral oxygen level is an approximation of oxygen saturation level measured by small device Oximeter. first of all, put your finger in the device name pulse oximeter. Within some time, it will give oxygen level and pulse rate. Noted the oxygen level. A questionnaire was made to relate oxygen level with eye blinking. We asked them questions and get answers. Our p values are greater than the standard p value ($p < 0.05$). Its determined that there was no noteworthy connection between oxygen level and eye blinking.

Keywords: Blood Oxygen Level; Pulse Oximeter; Eye Blinking.

INTRODUCTION

Oxygen saturation is the part of oxygen that is wet with hemoglobin with respect to total hemoglobin in blood. There must be accurate equilibrium of oxygen in the human body because body need exact balance of oxygen. 95-100% blood oxygen level is considered as normal in humans. If the oxygen level will be below than 90% it is considered as low level and give result in hypoxemia a disease. Continuously lowering of oxygen level lead to respiratory and cardiac problem. Oxygen level can be arising by oxygen therapy. When oxygen come into tissues oxygenation begin. Oxygen saturation in the medicine field also known as "sats". When the partial pressure of oxygen is low then most of the hemoglobin is deoxygenated. Hemoglobin an element that carry oxygen to the body parts by binding with oxygen. Four hemoglobin molecules are present in each of red blood cells. Oxygen level can be measured by pulse oximeter a device.

Eye blinking is naturally occurring process of our body. It is process of half unconscious closing of eyelid. We can get a single blink by closing of eyelid forcefully. Blinking have some functions but most important that it keep the eyes lubricated. When some dirt or other particles get into eyes, blinking starts and produce tears that eliminate the dirt. Speed of eye blinking can be affected by some agents such as disease condition, eye problem, medication and weakness etc. normal blinking are good for our health. There are some types of eye blinking for example spontaneous blink, reflex blink and voluntary blink. A normal and average person blink 15-20 times in a minute. The free nerve endings in the cornea starts eye blink. Usual twitches, refractive fault and eyelids problem can cause excessive blinking. Excessive blinking is a disorder. Reading of something

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decrease the blinking rate because we read with full concentration. Continuously watching on laptop or computer screens decrease eye blinking that is not good.

Objective of the present study was to examine any relation among the normal blood oxygen level and eye blinking.

MATERIALS AND METHODS

Measurement of peripheral Oxygen level

Peripheral oxygen saturation is a judgment of Oxygen saturation level calculated by small device oximeter. first of all, put your finger in the device name pulse oximeter. Within some time, it will give oxygen level and pulse rate. Noted the oxygen level.

A questionnaire was made to relate oxygen level with eye blinking. We asked them questions and get answers.

Project designing

We measured the oxygen level of 200 subjects with the help of pulse oximeter and note their oxygen level.

Total 200 subjects were partaken in this study. Subjects were students in Bahauddin Zakaria University, Multan, Pakistan.

Statistical analysis

Statistical analysis was done by using MS-Excel. For the calculation of p value t.test was used and $p < 0.05$ was deliberated as significant.

DISCUSSIONS AND RESULTS

Table 1: Relation of normal blood oxygen (Means \pm SD) with eye blinking.

Gender	More blink	Less blink	P value
Male	95.91 \pm 6.68	96.51 \pm 4.58	0.7
Female	96.86 \pm 3.48	95.35 \pm 7.21	0.12
Combined Male Female	96.54 \pm 4.74	95.63 \pm 6.69	0.34
P = 0.7, 0.12 and 0.34 (P < 0.05 was mused as significant)			

From above Table It was clear that obtained p values were larger than the standard ($p < 0.05$). And it was clear that there was no significant relation among normal oxygen level and eye blinking.

CONCLUSION

It was resolved that there was no considerable relation between oxygen level and eye blinking.

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