

充足飽滿的睡眠可消除您一日的疲勞，使您有足夠的精神應付翌日的工作，但繁忙緊張的都市生活令很多香港人有睡不安穩的問題，以致身體及精神健康日漸衰弱，其中以睡眠窒息症及失眠最為普遍。



A good night's sleep refreshes one from fatigue to meet challenges with vigor the next day. However, the workaholic and sedentary lifestyle prevalent in our community contributes to various sleep disorders such as Sleep Apnoea and Insomnia from which many Hong Kong people suffer. These are deleterious to both mental and physical health.

## 睡眠檢試 Sleep Study

綜合多位專科醫生的診斷，有需要可立即安排患者入院接受睡眠檢試，全面分析睡眠情況及收集準確數據，包括鼻鼾聲浪、呼吸頻率、血氧飽和濃度、腦電波、錄影及觀察整個過程等。



Based on the opinion of the various specialists, the patients may be recommended to undergo Sleep Study to obtain detailed and accurate data such as snoring, breathing movements, blood oxygen saturation, EEG and video monitoring, etc. for measuring sleep quality.

患者會被安排入住色澤和諧及環境舒適的獨立病房，為了使患者容易入睡，房內更設有隔音裝置，使收集到的數據更為準確。



Sleep Study will be conducted in a comfortable and home-like environment. The designated room and the sound proof fittings provide an excellent environment which induces people to fall asleep easily.



# 仁安睡眠窒息治療中心 Union Sleep Apnoea Clinic

香港沙田大圍富健街18號  
18 Fu Kin Street, Tai Wai, Shatin, Hong Kong  
電話 Tel : 2608 3315 / 2608 3388  
網址 Website : <http://www.union.org>  
電郵 E-mail : [sop@union.org](mailto:sop@union.org)



## 交通設施 Traffic Facilities

本院設有免費穿梭巴士，行走本院及大圍港鐵站。  
Free Union Hospital Shuttle Buses run between the Hospital and Tai Wai MTR Station.

專線小巴 Green Mini Bus : 68K (由沙田及大圍港鐵站開出)  
(From Shatin and Tai Wai MTR Station)  
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# 睡眠窒息 Sleep Apnoea Clinic

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## Know More about Sleep Disorders

### A 睡眠窒息症 Sleep Apnoea

「睡眠窒息症」在香港社會中漸趨普遍，在外國目前分別有4%男性及2%女性罹患此症，患者會在睡眠期間因間歇性停止呼吸。



Sleep Apnoea becomes more and more common in Hong Kong. It is affecting 4% of male and 2% of female population in western countries. It is a condition in which a person stops breathing intermittently during sleep.

- (I) **阻塞性睡眠窒息症**是最為常見的睡眠窒息症，患者的上呼吸道於睡眠時受阻，多由肥胖、扁桃腺肥大及下顎細小等引起。

**Obstructive Sleep Apnoea** is the commoner type of Sleep Apnoea. It occurs when the muscle and soft tissues in the throat relax and collapse during sleep thus blocking the flow of air in and out of the lungs. Common causes are obesity, enlarged tonsils, small lower jawbone, etc.

- (II) **中樞性睡眠窒息症**較為少見，其成因為腦部中樞系統未能有效把呼吸訊號送到有關器官及組織，可由中風及心臟病等引致。

**Central Sleep Apnoea** is the failure of the Central Nervous System to send the breathing signal effectively to the end organs. It is much less common than Obstructive Sleep Apnoea and is caused by stroke, heart failure, etc.

### 病徵

#### Symptoms

- 睡覺時有鼻鼾 Excessive Snoring
- 睡覺時呼吸間歇性停止，每晚次數達數百次，每次持續約十秒至數分鐘不等 Stop breathing temporarily and repeatedly during sleep, each episode lasting from ten seconds to few minutes.
- 經常感覺疲倦 Lose of energy, fatigue
- 經常打瞌睡 Excessive sleepiness during the day
- 早上頭痛 Morning headache
- 不能集中精神、無力及反應變得遲鈍 Poor judgment and loss of concentration
- 脾氣暴躁 Irritability
- 記憶力衰退 Forgetfulness
- 性機能減退 Sexual dysfunction

### 睡眠窒息症潛伏的危機

#### Dangers of Sleep Apnoea

睡眠窒息症患者在睡眠期間經常下意識地驚醒而難以進入熟睡狀態，以致影響日間精神及工作，亦容易於駕駛時因渴睡而引起交通意外。因睡眠時缺氣，長久不醫治的話會引致高血壓、心臟病、中風。而患者的鼻鼾聲亦會影響家人睡眠。

Frequent subconscious awakenings interfere with restful sleep which affects daytime alertness and functioning, and sleepiness-related vehicle accidents. The consequences of severe untreated sleep apnoea include increased risks of hypertension, heart disease and stroke because of oxygen deficiency during sleep. Also, heavy snoring may annoy and disrupt the sleep of family members.

### 兒童睡眠窒息症

#### Obstructive Sleep Apnoea in Children

患有睡眠窒息症的兒童通常介乎2至8歲，據美國的統計數據顯示，病發率為2%，以學前兒童佔數較多，多是由於扁桃腺肥大引致的。

Children who have Sleep Apnoea are mostly aged 2 to 8 years old. The prevalence rate is 2% (USA), and mainly in pre-schoolers. It is caused mainly by adenotonsillar enlargement.

<b>徵狀： Symptoms</b>	過度活躍、成長及發展遲緩、睡眠時有鼻鼾，但較少在日間出現渴睡情況。 Hyperactivity, developmental delay, failure to thrive, snoring, but daytime sleepiness is uncommon.
<b>懷疑個案： Suspected case</b>	可安排入院作進一步睡眠檢試；治療方法包括切除肥大的扁桃腺或增生組織，必要時亦可使用連續正氣壓睡眠機。 They will be diagnosed by sleep study in hospital, and treatments include tonsillectomy and adenoidectomy; CPAP occasionally.

### 阻塞性睡眠窒息症治療方法

#### Treatments for Obstructive Sleep Apnoea

#### 連續正氣壓睡眠機

##### Continuous Positive Airway Pressure (CPAP)

通過鼻罩，睡眠機輸出醫生處方的預設壓力至患者的呼吸管道，使受阻塞的氣管保持暢通，空氣便能順利進出肺部，防止窒息。這是十分有效的治療方法，適合病情中等至嚴重的患者，必須由醫生處方使用。

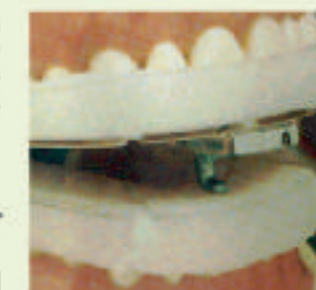
Continuous Positive Airway Pressure provides a gentle flow of positive pressure through a mask to splint the airway open during sleep and is most suitable for patient with moderate to severe sleep apnoea. It is highly effective and must be prescribed by a physician.



#### 牙膠 Dental Appliance

套在上及下齒列，將下顎拉前，減少呼吸道受阻。用者必須有健康的牙齒及頷骨，適合病情輕微的患者。

A plastic moulded appliance that covers the upper and lower teeth for holding the jaw forward during sleep. It is applicable for mild obstructive sleep apnoea and healthy teeth is needed.



#### 手術 Surgery

透過顎骨矯形手術、鼻腔手術或切除阻塞呼吸的軟組織(如肥大的扁桃腺)，使呼吸道回復暢通。此種方法適合病情中等至嚴重的患者，尤其是對連續正氣壓睡眠機治療有抗拒的病人。

Surgical procedures are used to increase the size of the airway, such as removal of adenoids / tonsils, other tissues in the airway and nasal cavity and correction of structural deformities such as connective jaw osteotomy. These are suitable for patients with moderate to severe obstructive sleep apnoea especially those who do not tolerate Continuous Positive Airway Pressure.

