

什麼是睡眠窒息症

What is Sleep Apnea?

睡眠窒息症 的患者在睡眠中會重覆地停止呼吸，這種情況每晚可發生多達數百次，每次持續約十秒至數分鐘不等，令患者身體缺氧，得不到充足的睡眠。

People suffering from **Sleep Apnea** would stop breathing repeatedly during sleep. The pauses can occur hundreds of times and each can last for around ten seconds to a few minutes. This causes lowering of oxygen concentration in the blood, frequent awakenings and hence poor quality of sleep.

患者通常會有以下**病徵**：

1. 睡覺時有嚴重鼻鼾聲
2. 日間嗜睡
3. 記憶力衰退
4. 不能集中精神、反應遲鈍
5. 早上頭痛
6. 脾氣暴躁
7. 性機能減退

Generally, the **common symptoms** of Sleep Apnea are :

1. Snoring, interrupted by pauses in breathing
2. Sleepiness during daytime
3. Fading out of memory
4. Difficult to concentrate and slower responses
5. Morning headache
6. Easy to lose temper
7. Sexual dysfunction



如欲查詢更多有關睡眠窒息症(住院)診斷服務之資料，歡迎致電本院：

If you want to know more about diagnosis of Sleep Apnea, please feel free to contact :

☎ 2760 3412 (入院部 Admission Office)

☎ 2760 3421 (門診部 Outpatient Dept.)

睡眠窒息診斷

Sleep Apnea Diagnostic Service



全人醫治 盡心關懷 We provide holistic and compassionate care

睡眠窒息症種類 Types of Sleep Apnea

1. 阻塞性睡眠窒息症

Obstructive Sleep Apnea (OSA)

這是最常見的一種窒息症，患者的上呼吸道於睡眠時受阻，原因可能是咽喉組織過多或維持呼吸道暢通的肌肉

鬆弛，使空氣不能順利通過呼吸道，引致窒息。患者多為超重肥胖的中年男士。



This is the most common type of Sleep Apnea. It occurs when tissues in the throat collapse and block the flow of air in and out of the lungs during sleep. Those who suffer from this type of Apnea are mostly obese middle-age men.

2. 中樞性睡眠窒息症

Central Sleep Apnea (CSA)

腦部中樞神經發出的呼吸訊號，因不能有效地傳送到有關器官及組織，令患者睡眠時呼吸間歇性停止而引致窒息。這類病人可能腦部曾受到創傷或神經傳導系統出現障礙。

CSA results from the central nervous system of the brain failing to transmit signals effectively to the associated organs and tissues to breathe, causing occasional halt in breathing during sleep and leading to suffocation. The brain of those suffering from CSA may have been wounded or their nerve communication system is malfunctioned.

3. 混合性睡眠窒息症

Mixed Sleep Apnea

患者同時患上阻塞性及中樞性睡眠窒息症。It is a combination of OSA and CSA.

睡眠窒息症的危機 Dangers of Going Untreated

如睡眠窒息症得不到適當的治理，會增加以下危機：

1. 高血壓
2. 心臟衰竭
3. 駕駛時因疲倦而引致的交通意外
4. 心臟病
5. 中風

如您懷疑自己可能患上睡眠窒息症，便應及早諮詢醫生的意見。醫生會視乎您的情況，建議是否需要接受睡眠測試。

Prolonged deficiency in oxygen will increase the risk of the following diseases :

1. Hypertension
2. Heart failure
3. Fatigue-related vehicle accidents
4. Heart disease
5. Stroke

Do consult a doctor if you have one or more of the above symptoms. Evaluation by a sleep specialist is recommended for the diagnosis and treatments of Sleep Apnea.

睡眠窒息症診斷服務 Sleep Apnea Diagnostic Service

本院設有睡眠窒息症診斷服務，為有需要人士安排睡眠窒息診斷測試。

Evangel Hospital provides Sleep Apnea Diagnostic Service for those who have sleeping problem and need to have diagnosis and treatment.

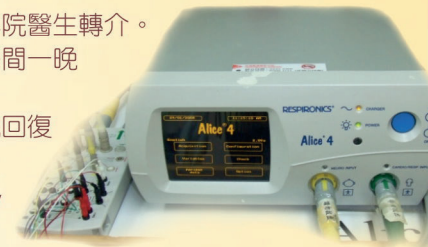


睡眠窒息診斷測試 Sleep Apnea Test

- 是一項簡單、無痛、無創傷性的測試。
- 透過先進監察儀器，記錄整夜睡眠資料。
- 由受過適當訓練的專科醫生：
 - 整理及分析睡眠資料，
 - 診斷睡眠窒息的嚴重程度及原因，
 - 給予專業意見及商討治療方案。
- The test is simple, painless and non-invasive.
- Sleeping data is recorded by advanced monitoring equipment.
- Data collected will be studied by sleep specialist :
 - To refine and analyze the sleeping data.
 - To diagnose the severity of Sleep Apnea and its causes.
 - To give professional advice and discuss treatment plan.

您只需要 All you need is

- 經您的家庭醫生或本院醫生轉介。
- 安排入住本院獨立房間一晚接受測試。
- 第二天早上即可離院回復日常生活或工作。
- Consult your family doctor.
- Arrange an overnight stay for Sleep Apnea test.
- You can resume normal work / activities the next morning.



服務內容 Content

- 入住本院獨立房間一晚。
- 睡眠窒息測試包括腦電圖、眼電圖、肌電圖、心電圖、呼吸量、呼吸時胸部及腹部移動及血氧量測試。
- 測試報告。
- Single room one night.
- Sleep Apnea test includes Electro-encephalogram (EEG), Electrocardiogram (ECG), Electromyogram (EMG), Random Eye Movements (REM), sleep posturing, breathing rates, limb movements, oxygen saturation level and movement of chest and abdomen etc.
- Sleep Apnea test report.