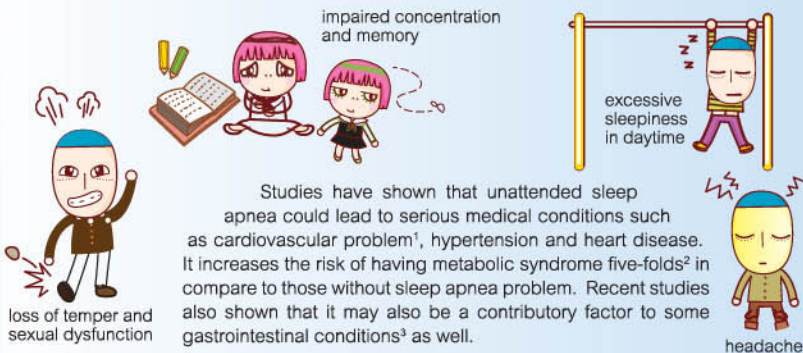


## What is Sleep Apnea?

Some people snore during sleep with breathing are interrupted by pauses. These may be indicators of sleep apnea. Other symptoms of sleep apnea include



## Did you Sleep Well? - A Quick Test

Did you ever suffer from Loud Snoring, Excessive Daytime Sleepiness and Difficult to concentrate, let's try the test as follow. The Epworth Sleepiness Scale (ESS), which is the most frequently used method worldwide for assessing a person's average daytime sleepiness level.

	Chance of Dozing
Sitting and reading	
Watching television	
Sitting inactive in a public place (e.g. a theater or meeting)	
As a passenger in a car for an hour without a break	
Lying down to rest in the afternoon when circumstances permit	
Sitting and talking to someone	
Sitting quietly after a lunch with alcohol	
In a car, while stopped for a few minutes in the traffic	
<b>TOTAL SCORE</b>	

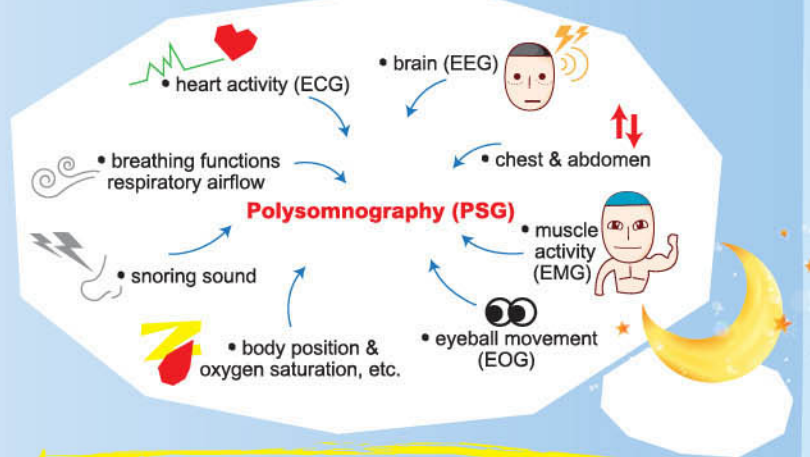
0 = Never  
1 = Rarely  
2 = Sometimes  
3 = Often

Congratulations,  
1-8: you are getting enough sleep!  
9 and above : Very likely to have sleep apnea, should seek medical advice for sleep study

The above information is for reference only and it is not for clinical diagnosis. It should not regard as a substitute for doctor's advice. Please seek advice from your family doctor or relevant specialist as appropriate.  
Reference: Johns, M.W. (1991) Sleep, 14, 540-545

## What is Sleep Study - Polysomnography (PSG)

It is a non-invasive method to record the biophysiological changes that occurs during sleep in order to diagnose whether sleep apnea disorder is present in patient. Before sleep, technician will put sensors on patient to record different body functions such as



With the advancement in diagnostic tool development, **sleep study** can now be made available at **patient's home**. Home sleep study can **lower the cost** and be more **convenient** to patient, as well as to enhance the successful rate of the study, in particular for patients who find difficult to fall sleep in an unfamiliar environment such as clinical setting.

## How to Prepare for the Sleep Study?

- ✓ Patient shall keep on their daytime activities as usual. Avoid napping during daytime.
- ✓ Do not take alcohol or caffeine such as coffee, tea or soft drinks 12 hours prior to the test.
- ✓ Consult your doctor if you are using any medications prior to the test.
- ✓ Please do not use body lotion or hair spray and remember to take shower and wash your hair prior to the test. For men, please shave before the test. For women, please be reminded to have no make-up before the test.
- ✓ Wear comfortable pajamas for the study preferably can be buttoned up at the front.

## How do I know about my results?

Technicians will collect data at your place in next morning. The sleep specialist will analyze the data of your sleep study and issue report to your family doctor or referring doctor for report interpretation and if any treatment required.

## Making Appointment is easy

- ✓ Please contact any one of the UMP Medical Centres in below to arrange a doctor consultation.
- ✓ If the examinee is found suitable to conduct sleep study after doctor consultation, our clinic will help you to arrange the study with details.

For enquiries and appointment, please contact our clinics as follow.

## UMP Medical Centers

Hong Kong		Kowloon		New Territories		Outlying Islands	
Central	2840-1636	Jordan	3549 6833	Tsuen Wan	2940 1338	Park Island	2986 3880
Wan Chai	2824 0018	Tsim Sha Tsui	2369 9536	Grandiose	2752-1081		
		Kowloon Bay	2751 9339	Tsing Yi	2149-1199		
		Olympic	2740 4319	Sha Tin	2634 1812		
				Yeun Long	2478-3966		

## Reference:

- Choi JB, Nelesen R; Loreda JS et al (Sleep 2006; 29(12):1531-1536)
- Jamie C.M. Lam, Bing Lam, Chi-leung Lam, Daniel Fong, Julie K.L. Wang, Hung-fat Tse, Karen S.L. Lam, Mary S.M. Ip; Respiratory Medicine Volume 100, Issue 6, Pages 980-987, June 2006
- Sleep Review October 14, 2009, Nora Siupsinskiene, MD, PhD, Kestutis Adamonis, MD, and Robert Toohill, MD.

Leaflet printing is sponsored by The HomeCare Medical Limited.

# 鼻鼾聲大，難以安寢

## Loud snoring, poor sleep quality

### 簡單測試，是否患上睡眠窒息症

Simple Sleep Apnea test





## 認識 睡眠窒息症

如睡眠時出現嚴重鼻鼾聲及呼吸暫停的情況，很可能是患上睡眠窒息症。  
睡眠窒息症其他病徵包括



記憶衰退



日間容易  
疲倦入睡

普遍大眾認為睡眠窒息症既不是嚴重疾病，更不需要特別治療。然而，許多臨床研究指出不適當處理睡眠窒息症，有可能引致嚴重健康問題如心血管疾病<sup>1</sup>、高血壓和心臟病等。睡眠窒息症患者有「代謝症候群」的機會更遠比正常人高出五倍<sup>2</sup>。近期有研究指出睡眠窒息症是促成腸道問題<sup>3</sup>因素之一。所以正視及正確處理睡眠窒息症是非常重要，萬萬不可忽視。



脾氣暴躁和  
影響性能力



不能  
集中  
中



持續  
頭痛

## 你睡得好嗎 - 簡單測試

你有經常感到睡意、大鼻鼾聲及反應緩慢嗎？  
以下是一個簡單的自我小測試，以初步評估你患上睡眠窒息症的機會有多大。  
你曾否在以下情況打瞌睡或睡著呢？請評分：

	評分
坐著閱讀	
看電視	
在公共場所坐下（如戲院或公園）	
乘搭交通工具多於一小時	
於環境許可時躺下休息	
坐下和別人交談	
餐後坐下休息（沒有喝酒的情況下）	
乘車或駕車時遇上停車等候	
總評分	

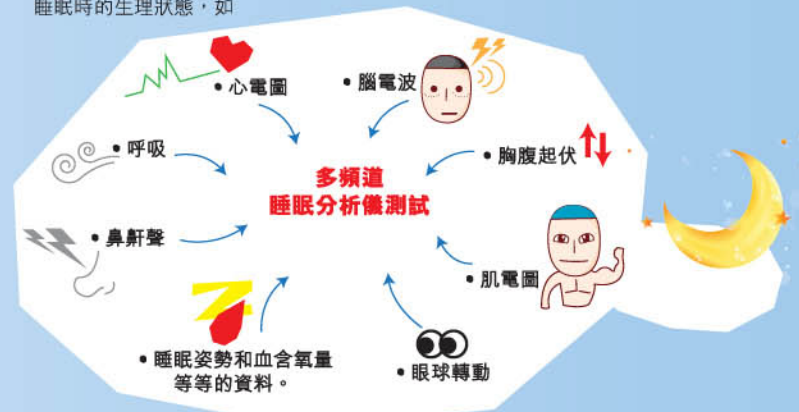
- 0 = 未曾發生
- 1 = 很少機會
- 2 = 中等機會
- 3 = 很大機會

1-8分：恭喜你，你得到足夠的睡眠  
9分或以上：很大機會是阻塞性睡眠窒息症患者，應諮詢醫生意見，安排詳細睡眠測試

以上資訊只作參考用途，不可作全面診斷之用。有關資料，亦不可取替醫生之專業意見。  
請諮詢您的家庭醫生或專科醫生，以得到準確的分析。  
Reference: Johns, M.W. (1991) Sleep, 14, 540-545

## 何謂 睡眠測試 - 多導睡眠檢測

多導睡眠檢測是非入侵性測試，用來診斷求診者是否患有睡眠窒息症。技術員會將感應器貼在測試者身體不同部位，經過一晚的睡眠記錄後，多頻道睡眠分析儀會測試出求診者睡眠時的生理狀態，如



**睡眠測試**已可以在**家中**進行，給予測試者更大的**方便**，而且測試費用亦較私家醫院**便宜**。最重要是對一些在陌生環境下難以入睡的人，提供一個熟悉的環境，令測試能夠在熟睡中順利進行，大大增加測試的成功率及準確度。

### 睡眠測試 注意事項：

- 在測試當天，請如常工作或活動，但請勿小睡。
- 在測試前12小時，請勿飲用含酒精或含有咖啡因的食品和飲料，如咖啡、茶、酒類和可樂汽水等。
- 請告知醫生，你現時正服用之藥物種類及劑量(如有)。
- 在測試當天，請先洗頭和沐浴，勿塗上潤膚油和噴髮膠。  
男仕：請預先剃鬚，女仕：請勿化妝。
- 請穿前胸開鈕鬆身衫褲型的睡衣，以方便進行測試。

## 怎麼得知測試結果：

技術人員會在測試後的早上收取有關數據。專科醫生將加以分析，然後提交報告給您的主診醫生作進一步講解和提供治療方法。

## 簡易預約程序：

- 可與以下任何一間聯合醫務中心聯絡安排約見醫生。
- 如經醫生初診後建議進行睡眠測試，診所將會與病人解釋有關測試之細節及安排。

如有任何查詢或預約，歡迎與我們聯絡。

### 聯合醫務中心

	香港	九龍	新界	離島
中環	2840-1636	佐敦 3549 6833	荃灣 2940 1338	珀麗灣 2986 3880
灣仔	2824 0018	尖沙咀 2369 9536	君傲灣 2752-1081	
		九龍灣 2751 9339	青衣 2149-1199	
		奧運 2740 4319	沙田 2634 1812	
			元朗 2478-3966	

### Reference:

- 1 Choi JB, Nelesen R; Loreda JS et al (Sleep 2006; 29(12):1531-1536)
- 2 Jamie C.M. Lam, Bing Lam, Chi-leung Lam, Daniel Fong, Julie K.L. Wang, Hung-fat Tse, Karen S.L. Lam, Mary S.M. Ip; Respiratory Medicine Volume 100, Issue 6, Pages 980-987, June 2006
- 3 Sleep Review October 14, 2009, Nora Siupsinskiene, MD, PhD, Kestutis Adamonis, MD, and Robert Toohill, MD.