



睡眠測試 SLEEP STUDY TEST



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自我小測試 (嗜睡度量表) Epworth Sleepiness Scale

你在以下情況容易打瞌睡或入睡嗎?

How likely do you doze off or fall asleep in the following situations?

評分 SCORE 0 - 未曾發生 Never 1 - 很少機會 Rarely
2 - 中等機會 Sometimes 3 - 很大機會 Often

- 坐著閱讀 Sitting and reading
- 看電視 Watching TV
- 在公共場所坐下(如戲院或公園) Sitting, inactive in a public places (e.g. in a theatre or meeting)
- 乘搭汽車一小時 As a passenger in a car for an hour
- 下午時段於環境許可下躺著休息 Lying down to rest in the afternoon when circumstances permit
- 坐下和別人交談 Sitting and talking to someone
- 在沒有喝酒的情況下, 餐後靜靜坐著 Sitting quietly after a lunch without alcohol
- 在汽車內遇上停車等候數分鐘 In a car, while stopped for a few minutes in the traffic

總分 Score

小測試結果 Result

- 1-6分** 你有足夠的睡眠
Congratulations, you are getting enough sleep!
- 7-8分** 分數中等
Your score is average
- 9分或以上** 你應該立即尋求醫生意見, 安排詳細睡眠檢測, 因你很大機會患有阻塞性睡眠窒息症
You should consult a sleep specialist immediately, as you have a high chance of suffering from Sleep Apnea

這份小小的問卷只是參考性質, 如若想得到準確分析, 最理想是請教專科醫生及安排進行詳細的檢查。
This questionnaire is for reference only. You should consult a sleep specialist and arrange a detailed check-up for accurate diagnosis.

何時需要進行睡眠測試?

當你睡覺時打鼻鼾或出現呼吸停頓時, 這可能是患上睡眠窒息症的先兆。

主要徵狀包括:

- 大鼻鼾聲
- 精神不能集中
- 日間經常有睡意
- 記憶力衰退
- 早晨感到頭痛
- 性慾減退

如您出現以上任何徵狀, 應儘快尋求醫生意見, 並安排進行詳細的睡眠測試檢查。

多項醫學研究已証明, 如睡眠窒息症得不到適當的治療, 有可能會引發多項健康問題包括:

- 心血管問題如中風、高血壓及心臟病
- 心律不正
- 記憶衰退
- 青光眼
- 胃酸倒流等等

因此, 如你懷疑患上睡眠窒息症, 應立即求診及接受治療。

When do you need to have Sleep Study?

When snoring or stop of breathing happens during your sleep, it may be an indication of sleep apnea.

Major symptoms include:

- Loud snoring
- Excessive daytime sleepiness
- Morning headache
- Loss of concentration
- Forgetfulness
- Loss of libido

If you have any of the above symptoms, seek for the doctor's advice soon and arrange a sleep study for a detailed check-up.

Many clinical studies have confirmed that untreated sleep apnea may lead to many health problems such as:

- Cardiovascular diseases like stroke, hypertension and heart disease
- Arrhythmia
- Deteriorated memory
- GERD etc.
- Diabetes
- Glaucoma

Therefore, if you suspect yourself having sleep apnea, you should consult the doctor and receive treatment immediately.



測試程序簡介

- 請於八時前於醫院或家中等候。
- 技術員於晚上八時至九時到達醫院或客人家中接駁儀器，接駁過程約需一小時。
- 儀器會收集多項資料，包括腦電圖、眼電圖、肌電圖、呼吸活動、鼻鼾聲、心電圖、胸腹活動、睡姿和血氧等等。
 - 以上接駁的儀器均不會對身體造成傷害。
 - 由於儀器須置於身體各部分，初時可能會令您感到少許不自然。
 - 盡量放鬆安睡便可。
- 如須要在測試進行中使用洗手間，請預先告知技術員。請勿擅自拆除身上任何儀器，否則會影響測試結果。
- 睡眠測試報告會於1-3個工作天送到你的醫生。請聯絡醫生預約覆診時間，聽取醫生講解報告結果。

Test Procedure Outline

- Be ready in the hospital or home before 20:00.
- Technician will arrive at 20:00 - 21:00 to start the test. Electrode placement takes around 1 hour.
- The electrodes will collect various parameters, which include EEG, EOG, EMG, respiratory activity, snoring, ECG, chest/abdomen activities, body position and oximetry etc.
 - The electrodes will not cause any harm to your body.
 - Since sensors are placed on different parts of your body, you may feel a bit unnatural at the beginning.
 - Try to relax and fall asleep peacefully will be good enough.
- If you have to go for washroom during the test, notify the technician beforehand. DO NOT attempt to take any sensors off your body as it will affect the sleep study result.
- Test report will be sent to your doctor in 1-3 working days. Please contact your doctor for an appointment to get the sleep report result.



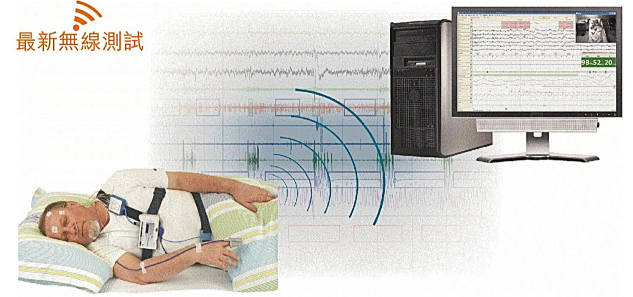
注意事項

1. 請於測試前，告知醫生現時正服用之藥物（如有）。
2. 在測試當天，請繼續你日常的工作或活動。請勿於日間小睡。
3. 在睡眠前12小時內，請勿飲用刺激性飲料，如咖啡、茶、酒類和可樂汽水等。
4. 在測試前，請先洗頭和沐浴，勿塗上潤膚油和噴髮膠。
男仕：請剃鬚
女仕：請勿化妝
5. 請穿著前胸開鈕、鬆身衫褲型的睡衣，以方便進行測驗。
6. 請攜帶以下物品（按個人需要）
 - i. 私人用枕頭（如不喜歡醫院提供的枕頭）。
 - ii. 上床前和起床後的私人用品。

Point to Note

1. Advise your doctor on the medications you are taking prior to the test.
2. On the testing day, keep your usual work or activities during the day. DO NOT take any naps during the day.
3. DO NOT drink coffee, tea, Coke, soft drinks or any other stimulant drinks 12 hours prior to test.
4. Please finish shower and have your hair washed prior to test.
For men — Shave.
For women — No make-up.
5. Wear pajamas which can be open at the front and of loose style. It makes the test be carried out more easily.
6. Please bring the followings (if needed) :
 - i. Personal pillow if you prefer not to use a hospital pillow.
 - ii. Any toiletries you need before and after bedtime.

最新無線測試



採用德國 SOMNOScreen™ plus 最新睡眠檢測系統，被譽為世界頂尖型號。此系統更被廣泛應用於多間醫院內，因其擁有多項優越技術包括：

- 全球獨有PTT技術，能進行同步血壓連續監測。
（睡眠窒息症能引發高血壓問題。此技術可提供重要的數據令醫生能作出全面的診斷）
- 無線藍芽傳送技術，令測試過程更自在。
- 超小型記憶盒，足夠儲存及處理大量的數據。
- 影像記錄功能，有助確診異常肢體活動。
- 符合美國及歐洲睡眠醫學會的最高測試標準，保證高質素測試結果。

New Wireless Sleep Test

Done by the German new sleep diagnostic system SOMNOScreen™ plus, which is considered to be a best-of-the-class model in the world. The system is widely used in many hospitals due to its many advanced technologies including:

- Unique PPT feature, making continuous blood pressure monitoring available (Sleep apnea is proved to have correlation with hypertension. The continuous blood pressure data will provide an important information for doctor to deliver a comprehensive diagnosis).
- Wireless bluetooth technology, offering great freedom during the test.
- Very small memory box, yet enough to record and process loads of data.
- Availability of video option, providing visual information on diagnosing sleep disorder behaviors.
- Comply with the highest standards established by Sleep Medicine Societies in the States and in Europe, guaranteeing a high quality of test result.

