


# 睡眠窒息症 豈容忽視!

*Sleep Apnea*

A health problem you can't ignore!

「康家」睡眠健康大使  
朱咪咪



SLEEP CUBE

智的骰

美國自動調壓呼吸機

AutoAdjust CPAP, USA

查詢電話  
Enquiry Hotline

**2402-2188**

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## 甚麼是睡眠窒息症？

What is Sleep Apnea?

睡眠窒息其實是一種睡眠障礙問題，估計在本港約有 \*280,000 人受睡眠窒息症困擾，而每年亦時有發生睡眠窒息症的死亡個案。睡眠窒息症不但影響日常生活和工作效率，還有機會引起嚴重的問題如不美滿婚姻、引致車禍或工業意外等等。

- 窒息 (Apnea) = 在希臘文中解作沒有呼吸 (without breath)
- 患者在睡着時，出現窒息 (呼吸完全停頓十秒或以上)
- 或半窒息 (呼吸流量減少50%及維持十秒或以上)
- 這種情況在一晚平均每小時出現五次，嚴重時更可高達三十次以上。

小孩、成年人及老人都有機會患上睡眠窒息症，其中**體形肥胖的中年男士較易患上**。

Sleep Apnea is the cessation of breathing for a short period of time while sleeping. In Hong Kong, it is estimated that about \*280,000 people are suffering from sleep apnea, and death cases are reported occasionally throughout the year. Apart from affecting daily life and work efficiency, sleep apnea may also cause serious problems like broken marriage, car or industrial accidents and etc.

- 'Apnea' is a Greek word = 'without breath'.
- Sleep Apnea suffers encounter Apnea (no breathing for 10 seconds or above) or
- Hyponea (airflow reduced by 50% or more for 10 seconds or more) during sleep.
- These events occur five times per hour on average and for worse cases, the values can be above thirty.

People from all age groups including children, adults or elderly can have Sleep Apnea with a higher prevalence for **obese middle-aged male**.



\* 資料來源 Reference :

Chest 2001 Jan; 119(1):62-9 A community study of sleep-disordered breathing in middle-aged Chinese men in Hong Kong

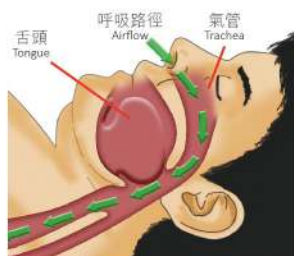
## 睡眠窒息症的分類

### Types of Sleep Apnea

睡眠窒息症可分為三大類。 There are THREE types of Sleep Apnea

#### 1 阻塞性 Obstructive Sleep Apnea

- 阻塞性是三類睡眠窒息症中最常見的一種。
- 阻塞原因可能是因為上呼吸道脂肪組織過多，睡眠時組織變得鬆弛，呼吸道收窄令空氣不能順利通過，導致窒息的情況出現。
- 此外，上呼吸道及下顎骨的結構、鼻息肉等都會導致阻塞性睡眠窒息症。
- Obstructive Sleep Apnea (OSA) is **the most common type** of Sleep Apnea.
- OSA occurs when excessive tissues in the throat collapse and block the airway during sleep.
- Other factors such as abnormal structure of the upper respiratory tract and lower jaw bone, or nasal polyps can also lead to OSA.



正常的呼吸道  
Normal open airway



受阻塞的呼吸道  
Obstructed Airway

#### 2 中樞性 Central Sleep Apnea

由於腦部曾經中風，受到創傷或其他問題引致不能發出呼吸指令而形成窒息。

Patients stop breathing because of neurological dysfunction.

#### 3 混合性 Mixed Sleep Apnea

混合性睡眠窒息症是患者同時有阻塞性及中樞性睡眠窒息症。

Mixed Sleep Apnea is a combination of obstructive and central apnea.

## 不治療的危機

### Consequences of Untreated OSA

睡眠窒息症若得不到及時的治療，會增加患上以下多項疾病或身體機能退化的風險。

The chance of having the following diseases or the risk of body degeneration will increase if sleep apnea is not treated timely.

1. 中風 Stroke
2. 高血壓 Hypertension (high blood pressure)  
腦部: 腦中風、短暫性腦缺血發作  
Brain: stroke, transient ischemic attack  
心臟: 心肌梗塞、心絞痛、左心室肥大、心衰竭  
Heart: myocardial infarction, angina, left ventricular hypertrophy, heart failure  
腎臟: 腎臟病變、腎衰竭  
Kidney: kidney disease, renal failure
3. 心血管疾病 Cardiovascular disease
4. 糖尿病 Diabetes
5. 腦退化症(老人痴呆)或記憶力衰退  
Brain degeneration (Alzheimer's disease)
6. 情緒病 Emotional disease
7. 性功能退化 Sexual function degradation
8. 青光眼 Glaucoma
9. 胃酸倒流 Gastroesophageal reflux disease

此外，睡眠窒息症還有機會增加交通意外的風險。

Besides, Sleep Apnea can also increase the Risk of Traffic Accidents.

## 自我檢查三步曲 Three Simple Checks for Sleep Apnea

怎樣能初步估計自己是否可能已患上睡眠窒息症？以下提供了三個自我評估的小測試。試試看吧！

Below shows three simple tests to check whether you are a potential Sleep Apnea case. Have a try.

### 第1步 1<sup>st</sup> Step

#### 你屬睡眠窒息症的高危一族嗎？

Are you within the "High Risk Group"?

假如你患有慢性心肺疾病、嚴重鼻敏感、肥胖、甲狀腺分泌失調、下顎細小或後退及扁桃腺發大（以兒童較常見），便要小心翼翼身體狀況，有否出現睡眠窒息症的徵狀。

If you are suffering from cardiopulmonary problems, severe rhinitis, obesity, irregular thyroid gland excretion or having short chin and large tonsil (more common for children), be cautious and check whether you have symptoms of Sleep Apnea.

### 第2步 2<sup>nd</sup> Step

#### 你有睡眠窒息症的徵狀嗎？

Do you have any Sleep Apnea **Symptoms**?

- 睡眠是嚴重鼻鼾並間中停止呼吸  
Loud constant snoring or cessation of breath during sleep
- 睡醒後亦覺疲累，日間時常感到睡意  
Excessive daytime fatigue
- 無論任何環境下（如工作或駕車）亦會打瞌睡  
Easily doze off under all circumstances (e.g. at work or when driving)
- 早晨感到頭痛  
Morning headache
- 反應緩慢、思想不能集中  
Slow to react, difficult to concentrate
- 記憶力衰退  
Deteriorated memory
- 性慾減退  
Reduced libido
- 高血壓  
High blood pressure
- 醒後感到口或喉乾  
A dry mouth upon awakening
- 晚上多夜尿  
Frequent nocturnal urination (nocturia)

若你或你的家人有上述全部或部份的徵狀，應約見醫生好讓他替你作睡眠檢查的安排。

If you or your family members have one or more of the above symptoms, you should consult a doctor and ask for a sleep study test.



## 睡眠測試及氣壓滴定測試

### Sleep Study & Titration

#### 第1晚 睡眠測試 - 多頻道睡眠檢測

##### The 1<sup>st</sup> night – Polysomnography (PSG)

- 大部份醫管局轄下的醫院及私家醫院都設有多頻道睡眠測試
- 患者須要在醫院的睡眠測試中心留宿一晚，由醫護人員或技術人員安排睡眠檢查。醫生會根據病人的情況，準確分析睡眠時的資料，確定是否須要接受治療。
- 睡眠測試是通過多頻道睡眠分析儀，醫生能知道求診者睡眠時的生理狀態，例如：呼吸、心跳、胸腹的起伏、鼻鼾聲、眼球轉動、腦電波、睡眠姿勢和血含氧量等等的資料。經醫生分析後，便能診斷出求診者是否患上睡眠窒息症。

睡眠測試除了在醫院進行外，「康家醫療」還提供家中睡眠檢查，更方便舒適。詳情可詢問醫生或致電本公司查詢。

- Most local hospitals nowadays provide sleep study service.
- Patients only need to stay there for one night. The hook-up work is done by technicians and doctors will analyze the data recorded throughout the sleeping period and decide whether the patient needs further treatment.
- Sleep study is done through polysomnographic system, in which doctor can obtain information like breathing pattern, heart rate, chest & abdomen activity, snoring sound, eyeball movement, brain activity, body position and oxygen saturation etc.. After the analysis by doctor, patient will know whether he/she is suffering from sleep apnea.

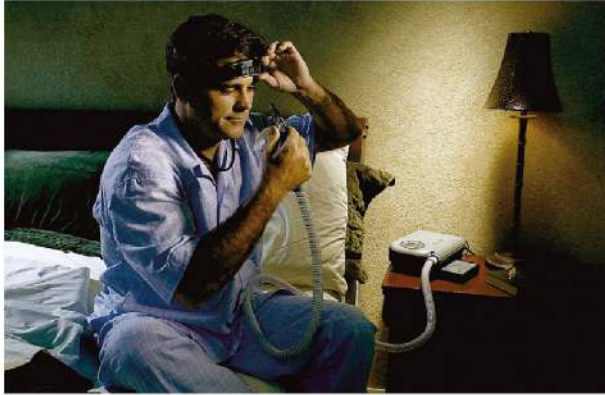


Besides having sleep study in hospitals, **The HomeCare Medical Ltd. can offer home PSG study**, which is even more convenient to the patients. You can ask your own doctor or call us for further information.



## 第2晚 氣壓滴定測試

The 2<sup>nd</sup> night – CPAP Titration



完成第一晚睡眠測試後，如你被證實患有睡眠窒息症，可預約進行第二晚的氣壓滴定測試。此測試目的是為了評估出保持你的呼吸道暢通所須要的氣壓。如你將來打算使用自動調壓睡眠呼吸機，則可免做此測試。

氣壓滴定測試可於家中或醫院進行。測試當晚只須佩戴連接到睡眠呼吸機的面罩，並把量度血含氧量的血氧監測儀戴在手指頭上。睡眠呼吸機會隨著你入睡後的呼吸道阻塞程度，提供出不同的氣壓。該晚的氣壓起伏情況，會被詳細記錄於呼吸機內，待翌日「康家醫療」專員會下載報告並進行分析，然後轉交到你的主診醫院 / 醫生作跟進。

If you were diagnosed having sleep apnea after 1st night PSG Sleep test, you can ask for a CPAP Titration test on the second night. The CPAP Titration is a test to find out the optimal pressure needed in order to maintain airway patency. You can omit this test if you choose to use an AutoAdjust CPAP machine for treatment.

CPAP Titration can be done either at your own home or in hospital. During the testing night, you are required to wear a mask which connects to a CPAP machine. A sensor connecting to an oximeter is put onto the patient's finger as well to monitor blood oxygen saturation. Pressure profile throughout the night will be recorded. Our HomeCare specialist will run an analysis report which will be sent to your referring doctor for further follow-up.

## 睡眠窒息症的治療方法 Different Types of Therapy

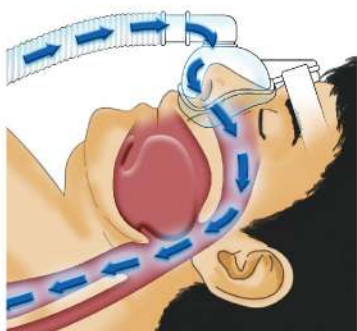
### 1 正氣壓呼吸機 Positive Pressure Therapy

**療效：**目前最有效的治療方法。對輕度至嚴重的睡眠窒息症均有顯著的效果。使用後，打鼻鼾的情況有明顯的改善。清早起床更有煥然一新的感覺。

**方法：**其原理是利用由正氣壓呼吸機產生的氣壓，將堵塞呼吸道的多餘組織打通，從而令空氣能被吸進肺部，防止窒息情況出現。

**Effectiveness:** It is the most effective measure amongst all solutions and obvious results can be seen from mild to severe sleep apnea cases. It can eliminate the snoring problem in a great extend. Patients have a refresh feeling when wake up in the morning.

**Method:** CPAP is a device which delivers pressure to maintain the upper airway from collapsing, allowing air to flow freely in and out of the lungs, in order to prevent Apnea.



衛生署表列號碼  
HKMD No. 140002

## 2 新治療方法 - 正氣壓鼻貼 **康睡易** New Treatment – Provent Therapy

**療效：**多項醫學研究已證明**康睡易**正氣壓鼻貼能有效改善睡眠窒息、白天打瞌睡及鼻鼾問題。雖然療效不及睡眠呼吸機，但適合不能適應睡眠呼吸機或常要出外旅行公幹人士使用。

**方法：****康睡易**採用嶄新微型單向活門設計，以低過敏原的膠貼把微型活門牢固在鼻孔上。

**建議配合側睡姿勢使用，會有更佳效果。**

\* 此乃「康家」獨家代理產品，詳情可致電**2402-2188**查詢。

**Effectiveness:** Many clinical studies have shown that Provent Therapy is capable of making a significant improvement in sleep apnea, daytime sleepiness and snoring problems. Although it is not as good as CPAP therapy, Provent is suitable for CPAP rejecters or frequent travelers.

**Method:** Provent Therapy is an easy and non-invasive treatment for sleep apnea and snoring patients. It uses the one-way micro valve technology and is secured in place with a hypoallergenic adhesive.

**Suggested to be used with position therapy to achieve better result.**

\* **HomeCare** is the exclusive distributor in Hong Kong for the above products, please call **2402-2188** for further details.



### 3 生活方式的改變 Change in Lifestyle

**療效：**只是輔助性質，並須持之以恆。

**方法：**睡覺時保持側睡姿勢，可防止舌頭仰臥時後墜以致阻塞呼吸道。減肥及多做運動，可減輕睡眠時的呼吸肌肉負荷。

**Effectiveness:** Only act as an auxiliary measure and needs doing it consistently.

**Method:** Maintain a side-sleeping position can keep the tongue base from falling backward, thus preventing the airway from obstruction. Weight reduction and more exercises can help to lessen the burden of breathing muscle during sleeping.

#### 建議產品 Recommended products:



\* RemSide 背枕可讓你舒適地保持側睡姿勢  
RemSide's back pillow assists you to maintain a side-sleeping position.



\* 睡側易 可助你保持側睡姿勢，並助你減低鼻鼾的困擾  
Night Shift device assists you to maintain a side-sleeping position while eliminating your snoring problem.

\* 此乃「康家」獨家代理產品，詳情可致電 2402-2188 查詢。

\* HomeCare is the exclusive distributor in Hong Kong for the above products, please call 2402-2188 for further details.

### 4 外科手術(創傷性) Surgery (Invasive)

**療效：**手術後復發機會大，通常只會在患者不能接受正氣壓機或使用無效後才考慮。

**方法：**由有經驗的耳鼻喉醫生進行，其中包括鼻腔手術、舌底手術和口腔手術等。醫生會為患者切除多餘組織，令氣道能保持暢通。

**Effectiveness:** There is high possibility of recurrence of the illness after surgery. It is a low-priority option and is considered only if the patient can't adapt to CPAP or has poor results from CPAP therapy.

**Method:** Surgeries carried out by experience ENT doctors, which include nasal surgery, tongue base and oral surgery. The doctors will remove some of the excessive tissues to keep the airway unobstructed.

### 5 牙膠 Dental / Oral Appliance

**療效：**對中度或嚴重的睡眠窒息症沒有明顯效用。同時，患者必須擁有健康的牙齒才能使用。

**方法：**在睡覺時套於上下齒列，令下顎固定於前端，防止舌頭仰臥時後墜以致阻塞呼吸道。

**Effectiveness:** No significant effect for moderate and severe apnea cases. Moreover, it is only applicable for people having healthy teeth.

**Method:** It is mounted onto the upper and lower teeth so to keep the jaw from falling backward while lying down.



## 睡眠呼吸機種類

### CPAP Types

#### 1 自動調壓睡眠呼吸機 AutoAdjust CPAP

監察使用者上呼吸道之阻塞程度，自動調整合適的呼吸機氣壓，提昇用機的舒適度。

Automatically adjust the CPAP pressure according to the severity of patient airway obstruction, hence delivering an enhanced usage experience with comfort.



#### 推介型號 Recommended models:

##### 藍爵系列 DeVilbiss® BLUE AutoPlus DV64 科技型自動調壓睡眠呼吸機

- 重0.9公斤，體積：9.4cm x 15.5cm x 15cm  
Weighs only 0.9kg. Size: 9.4cm x 15.5cm x 15cm
- 操作寧靜，音量只有26分貝  
Very quiet operation with 26db(A) only
- 設有SmartFlex呼氣減壓功能  
SmartFlex Pressure Relief System
- SmartCode智醒碼(加強版)及SmartCode Rx 智醒碼Rx  
SmartCode System (enhanced edition) and SmartCode Rx
- 可連接省水模式加濕器  
Can connect pulse dose humidifier
- 手機程式通訊系統 (支援Android及iOS手機用戶)  
Smartphone APP Monitoring System (Support APP for Android and iOS)

美國製造



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HKMD No. 140002



DV64

#### 其他選擇 Other options:

美國製造



衛生署表列號碼  
HKMD No. 140002

DeVilbiss®  
SleepCube  
DV54



德國製造



衛生署表列號碼  
HKMD No. 130327

Hoffrichter®  
Point 2 Auto



美國製造



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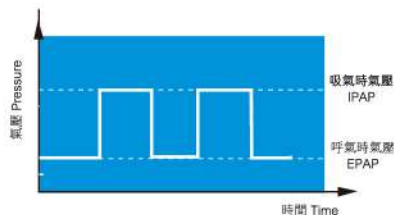
DeVilbiss®  
SleepCube  
DV57



## 2 雙氣壓睡眠呼吸機 BiLevel PAP

用家呼氣及吸氣時分別輸出兩個不同的預設氣壓。用家吸氣時，呼吸機輸出高氣壓打通受阻塞的呼吸道；當用家呼氣時，呼吸機轉換至低氣壓以提高用家舒適度。

Two different preset pressures are delivered during patient exhalation and inspiration. During inspiration, the CPAP machine delivers a high pressure to open up the collapsed patient airway, while expiration, the machine switches to a low pressure to deliver better comfort to patient.



### 推介型號 Recommended models:

#### Hoffrichter® Trend II ST20, ST30

- 高質量馬達，氣壓輸出相當精準穩定  
High quality motor, offering excellent pressure output with precision and stability.
- 重2.3公斤，體積: 8.6in x 7.8in x 4.2in  
Weights only 2.3kg. Size: 8.6in x 7.8in x 4.2in
- 操作相當寧靜，只26分貝  
Very quiet operation, with 26db(A) only

德國製造



Trend II

### 其他選擇 Other options:

美國製造



DeVilbiss®  
SleepCube  
BI-LEVEL S DV55



美國製造



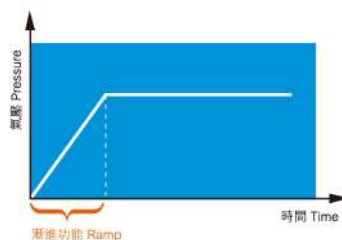
DeVilbiss®  
SleepCube  
BI-LEVEL ST DV56



### 3 固定正氣壓睡眠呼吸機 Standard CPAP

只提供單一固定氣壓，部份用家會不能適應或感覺不舒服。

Deliver a fixed preset pressure all the way, some patients can't adapt or they feel uncomfortable.



#### 推介型號 Recommended models:

#### DeVilbiss® SleepCube Standard DV53 靜的般連續正氣壓睡眠呼吸機 (加強版)

加強版增設先推“智易呼”功能

SmartFlex 智易呼個人化舒適氣壓調節系統準確追蹤用機者的吸氣與呼氣，模擬呼氣與吸氣的週期，從而作出適當的氣壓調整。於吸氣時保持治療所需氣壓，而呼氣時則減低輸出的氣壓，緩和呼氣阻力，令呼吸更舒暢自然，達至最舒適的治療。

SmartFlex increases comfort and adherence to the therapy by reducing the pressure when the patient is exhaling.

美國製造



衛生署表列號碼  
HKMD No. 140002



DV53

#### 其他選擇 Other options:

美國製造



衛生署表列號碼  
HKMD No. 140002

DeVilbiss®  
SleepCube  
DV51



德國製造



衛生署表列號碼  
HKMD No. 130327

Hoffrichter®  
Point 2



## 配件介紹 CPAP Accessories

### 基本配件 Basic Accessories

請掃描二維碼以獲  
取更多產品資訊  
Please scan the QR Code  
for more products information



#### 1. 鼻罩 Nasal Masks



SleepWeaver® Élan (布織料 Cloth)



Hoffrichter® Cirri (矽膠料 Silicon)



DeVilbiss® D100 (矽膠料 Silicon)



SleepNet® Aura® (啫喱料 Gel)



DeVilbiss® JFR-300 (矽膠料 Silicon)



BestFit™ II (矽膠料 Silicon)

#### 2. 鼻腔管 Nasal Prongs



DeVilbiss® JFR-200  
(矽膠料 Silicon)



Roscoe Medical® Shadow™  
(矽膠料 Silicon)

#### 3. 口鼻罩 Full Face Masks



Sleepnet® Mojo®  
(啫喱料 Gel)



BestFit™ II  
(矽膠料 Silicon)



DeVilbiss® D100  
(矽膠料 Silicon)



SleepWeaver® Anew™  
(布織料 Cloth)



其他配件  
Other Accessories

#### 4. 下巴帶 Chinstrap



- 解決用口呼吸問題  
To solve mouth breathing problem

#### 5. 加熱加濕器 Heated Humidifier



- 解決乾燥問題  
To solve dryness problem

#### 6. 棉質面罩墊 / 啫喱面罩墊 Cotton Mask Liner / Gel Mask Cushion



- 針對面罩漏氣問題，令面罩更舒適貼服  
Solve mask leakage problems and provide a soft and comfortable seal
- 解決對面罩物質而引起的皮膚敏感問題  
Solve skin allergic problem due to direct contact with mask material

#### 7. 氣喉架 The Hozer™ System



- 減輕氣喉重量，不受氣喉的約束  
Deliver greater freedom by eliminating the weight of CPAP hose

#### 8. 氣喉套 Hose™ Wrap



- 有效減少管內的冷凝水  
Decrease the water condensation in the tube
- 防止因摩擦而造成的噪音  
Prevent the tubing from making noise as it rubs or pulls against your night stand or headboard

## 定期檢查及保養 Regular Check & Maintenance

### 怎樣確保最理想的治療

How to Obtain Optimum Treatment

要得到合適的治療，呼吸機的氣壓準確度及穩定度是一重要元素。

因此，除了選購時注意產品的質素外，購買後對呼吸機的檢查保養工作也不可忽略。在很多個案中，由於呼吸機內積塵過多，引致氣壓不穩定及有噪音，更甚的是，用者會因呼吸機疏於保養而誤吸入有害污物。

Pressure output accuracy and stability determine whether a patient can receive optimum treatment from a CPAP. Therefore, proper maintenance works to CPAP device is essential. Very often, causes of malfunctions are due to dust accumulated inside the motor. As a result, some users find their CPAPs become noisy and pressure output fluctuates. The worse thing is that harmful dirt is forced into their upper airway when using poorly maintained CPAP.



清洗前  
Before cleaning

清洗後  
After cleaning

### 保養注意項目

Maintenance Check List

1. 致電產品供應商安排進行定期檢查及機器內部清潔消毒  
Call your equipment provider to arrange regular check and inner parts cleaning and sterilization for your CPAP.
2. 每星期定時清洗灰色棉及每月更換白色紙棉  
Clean the grey reusable filter every week and replace the white disposable filter every month.
3. 當呼吸機閒置時，宜放置於櫃內或機袋裏  
When CPAP machine is not used, put it in a cabinet or in a bag.
4. 機器損壞時，切勿擅自維修，並應及早聯絡我們安排修理  
Do not repair a damaged machine by yourself. Call our qualified technician for help.



如閣下對本小冊子的內容有任何查詢，歡迎致電或電郵到本公司查詢。  
For further enquiries concerning about the information in this booklet,  
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The HomeCare Medical Ltd.

## 關於康家醫療

「康家醫療有限公司」成功獲取衛生署的醫療儀器進口商表列證書（證書號碼：IMP080001）\*之外，並為醫療儀器獲取醫療儀器等表列證書。該表列的醫療儀器製造商亦授權本公司為本地負責人，確認我們擁有相關技術及知識提供安全正確的產品支援及指導。

本公司由專業人士管理，擁有美國BRPT頒發的RPSGT國際註冊睡眠醫學技師專業資格，提供世界級標準的睡眠測試及治療服務。

自1993年成立以來，康家醫療跟全港各大公立及私家醫院、診所及多家醫療集團合作，為睡眠窒息症患者提供一站式的專業服務。

已表列的醫療儀器產品在機身貼上醫療儀器表列號碼。

\* 進口商獲表列並不表示其醫療儀器產品獲表列



## About The HomeCare Medical Ltd.

The HomeCare Medical Limited is a listed importer of medical devices (Certificate number IMP080001)\* under the Medical Device Administrative Control System (MDACS), and successfully applied the Listing of Certificate for our medical devices. Those manufacturers of listed medical devices have authorized us to be their local responsible person (LRP) that accredited us to be knowledgeable and reliable in providing related technical and guidance support to customers.

Our company is managed by professionals who are Registered Polysomnography Technologists (RPSGT) certified by BRPT (USA), promising to deliver world class sleep diagnostic and treatment services.

Since established in 1993, we have been working with a number of public and private hospitals, clinics and medical organizations in Hong Kong to provide one-stop professional services for patients with sleep apnea.

Listing of Certificate number shall be affixed on those listed medical devices.

\* The listing of an importer carries no implication that its medical devices are listed.



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The HomeCare Medical Ltd.

