

睡眠測試前事項須知

THINGS NEED TO KNOW BEFORE SLEEP TEST

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、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。
- 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.
- 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.

專業睡眠測試認證

Professional qualifications for sleep services



美國 BRPT 頒發國際認可睡眠醫學技師 RPSGT 證書
Internationally recognized RPSGT credential certified by BRPT (USA)



睡眠測試 Sleep Study Test

- * 我們提供的新無線睡眠測試服務，於醫院或家中均可進行。詳情請向你的醫生及致電給我們查詢。
- * Our new wireless sleep study service can be done in hospitals or at home. Please consult your doctor or call us for more details.



新無線測試

採用被譽為世界頂尖型號的德國 SOMNOscreen™ plus 新無線睡眠檢測系統。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PPT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）
- 無線藍牙傳送技術，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

Our test is 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.