

什麼是睡眠窒息症？

睡眠窒息症是一種嚴重的睡眠失調，患者於睡眠時，呼吸出現中斷。以下是三種常見的睡眠窒息症。

阻塞性睡眠窒息症：此乃最常見的睡眠窒息症，成因是於患者睡眠時，上呼吸道被塌陷的咽喉軟組織阻塞而引起。

中樞性睡眠窒息症：與阻塞性睡眠窒息症不同。患者上呼吸道並無受阻，因腦部呼吸中樞不穩定，未能傳送呼吸訊號，以致呼吸中斷。

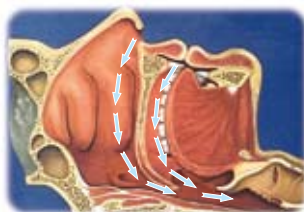
混合性睡眠窒息症：由阻塞性和中樞性的睡眠窒息的成因共同所引致。

阻塞睡眠窒息症是一種十分普遍的疾病，在年齡介乎三十至六十歲的男女中，受影響的比率各佔24%及9%。

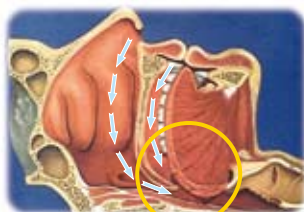
風險因素

任何年齡人士，甚至小童均有機會患上阻塞性睡眠窒息症。然而，以下情況將增加患病風險：

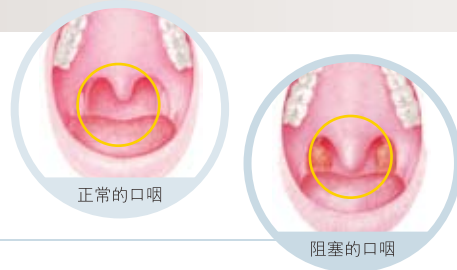
- 肥胖
- 大脖子(男士頸圍 ≥ 17 吋或以上；女士頸圍 ≥ 16 吋或以上)
- 較大扁桃腺或擁塞的口咽
- 家族病史



正常呼吸



上呼吸道被塌陷的咽喉組織阻塞



病徵

常見病徵包括：

- 很大的鼻鼾聲
- 日間過度瞌睡
- 偶然被喘氣及窒息的感覺致醒
- 經常性覺醒或失眠
- 早上感到頭痛
- 記憶力衰退、情緒變動及性慾減退

睡眠窒息症會引致什麼結果？

如不及早治療，睡眠窒息症會導致許多健康問題，包括：

- 心臟衰竭、心跳不規律、心臟病發，甚至突發死亡
- 高血壓
- 中風
- 日常生活表現欠佳，如工作和學習成績下降，或可能導致交通意外

測試及診斷

如果你發現有相關症狀，你的醫生會建議你可於醫院或家中使用可攜式裝置接受睡眠測試。睡眠測試是由多個部份所組成，透過電子數據，記錄睡眠時身體的狀況。



病人正接受睡眠測試

治療

行為改善

- 減輕體重
- 戒煙
- 避免飲酒及服用安眠藥
- 避免平臥

連續正氣壓睡眠呼吸機

患者於睡眠前配戴鼻/口罩。這鼻/口罩是連接睡眠呼吸機，在你睡眠時，呼吸機會經由鼻孔持續輸送空氣。



牙科裝置

可透過牙科裝置，使上呼吸道在睡眠時保持暢通。

部份患者在使用連續正氣壓睡眠呼吸機或牙科裝置可能遇到困難。

手術治療

如你的鼻中隔骨偏移、鼻甲肥大、扁桃腺增生、舌底增厚、下顎細小以及有咬合不正，都會導致上呼吸道不正常地收窄。手術可矯正以上情況及治療睡眠窒息症。

其他治療

射頻消融術

這是較少創傷性的治療方法，透過使用射頻探針，縮小肥大鼻甲、軟顎/懸雍或舌頭底部。

支柱植入術

這手術可以減少打鼻鼾和改善患有輕度睡眠窒息症患者的睡眠質素。透過植入支柱，使軟顎變為堅挺，可減低軟顎的移動或顫動。



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阻塞性 睡眠窒息症 OBSTRUCTIVE SLEEP APNEA



What is Sleep Apnea ?

Sleep apnea is a serious sleep disorder that occurs when a person's breathing is interrupted during sleep. There are three main types of sleep apnea:

Obstructive sleep apnea (OSA): The most common form of apnea which is caused by a blockage of the airway, usually when the soft tissue in the back of the throat collapses during sleep.

Central sleep apnea: Unlike OSA, the airway is not blocked but the brain fails to signal the muscles to breathe due to instability in the respiratory control center.

Mixed Sleep Apnea: The causes of the apnea due to both of the airway blockage and the problem of the respiratory centre in brain.

OSA is a very common disease affecting up to 24% of men and 9% of women between the age of 30-60 years.

Risk Factors

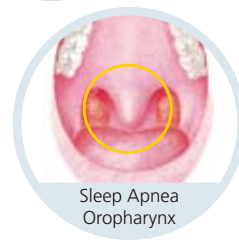
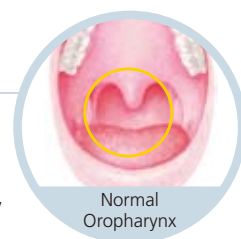
OSA can affect anyone at any age, even children. However, risk factors include:

- Being overweight
- Having a large neck size (≥ 17 inches in men and ≥ 16 inches in women)
- Having larger tonsils or crowded oropharynx
- Having a family history of sleep apnea

Symptoms

Common symptoms include:

- Loud snoring
- Excessive sleepiness during the day
- Occasionally waking up with a choking or gasping sensation
- Recurrent awakenings or insomnia
- Morning headaches
- Forgetfulness, mood changes and a decreased interest in sex



What Are the Effects of Sleep Apnea?

If left untreated, sleep apnea can result in a growing number of health problems including:

- Heart failure, irregular heart beats, heart attacks or even sudden death
- Hypertension
- Stroke
- Poor performance in everyday activities, such as at work and school, also may lead to traffic accident in driver



Patient is having a sleep test

Tests & Diagnosis

If you have the symptoms of OSA, your doctor may ask you to have a sleep test either in a sleep disorder center in hospital or at home through a portable device. This often includes a polysomnogram (PSG) which is a multiple-component test that electronically transmits and records specific physical activities while you sleep.

Treatments

Behavioral modifications

- Lose weight
- Avoid alcohol and sleeping pills
- Stop smoking
- Avoid sleeping on your back



Continuous Positive Airway Pressure (CPAP)

It is a treatment in which a mask is worn over the nose and/or mouth while you sleep. The mask is hooked up to a machine that delivers a continuous positive pressure flow of air into the nostrils which keep the airways open.

Dental Devices

Dental appliances can be made that help keep the airway open during sleep.

Some patients may experience difficulties in using CPAP or dental devices.

Surgery

If you have a deviated nasal septum, enlarged nasal turbinates, hypertrophic tonsils, thick base of tongue or a small lower jaw with an overbite causing the airway to be abnormally narrow, surgery may be needed to correct the above conditions and to treat the sleep apnea.

Others

Radiofrequency reduction

It is a less invasive form of surgery which a radiofrequency probe can be used to reduce the nasal turbinates, soft palate/uvula and base of tongue.

Pillar Palatal Implant

It can reduce snoring and improve sleep for people suffering from snoring and mild sleep apnea. The implants work by reducing the movement or vibration of the soft palate with implants designed to stiffen it.



Normal breathing

Collapsed pharyngeal tissues causes the blockage of airway

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