

睡眠窒息症 綜合治療中心 Comprehensive Sleep Apnea Centre

For enquiries and appointments,
please contact us at:

Comprehensive Sleep Apnea Centre

3/F, Li Shu Fan Block,
Hong Kong Sanatorium & Hospital
2 Village Road, Happy Valley, Hong Kong

Tel: 2835 8673

Fax: 2892 7520

Email: respmc@hksh.com

Service Hours (By appointment only)

Wednesday: 9:00 am - 10:00 am

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Comprehensive Sleep Apnea Centre



養和醫院
Hong Kong Sanatorium & Hospital

睡眠窒息症綜合治療中心
Comprehensive
Sleep Apnea Centre

The Comprehensive Sleep Apnea Centre provides one-stop service in diagnosis and management of patients with Obstructive Sleep Apnea Syndrome (OSAS) through a multidisciplinary approach. The Centre also provides public education programmes to promote awareness of OSAS.

What is Obstructive Sleep Apnea Syndrome?

OSAS is a recently recognized disease that affects 2-4% of adults in Hong Kong. It is due to the repeated collapse of the upper airway during sleep, leading to arterial oxygen desaturation and frequent awakenings. Individuals suffering from OSAS would have fragmented sleep and poor sleep quality. They also have excessive daytime sleepiness, impaired intellectual performance and more fatigue-related vehicle accidents. Those suffering from OSAS would have an increased risk of hypertension, insulin resistance, cardiovascular and cerebrovascular diseases.

Main Symptoms

If you have the following symptoms, you may be suffering from OSAS:

1. Frequent loud snoring
2. Apnea (stopping of breathing) during sleep
3. Excessive daytime sleepiness

Risk Factors

The following factors put an individual at a higher risk of OSAS. The risk also increases proportionately with age.

1. Old age
2. Obesity
3. Severe nasal allergy
4. Small jaw
5. Short neck

6. Big tonsils
7. Hypothyroidism
8. Chronic cardiopulmonary disease

Diagnosis

Individuals suspected of having OSAS can consult a sleep apnea specialist at our Centre for clinical assessment. In order to confirm the diagnosis, polysomnography (a multi-channel overnight sleep study) has to be performed in our Sleep Laboratory. Polysomnography is a painless and non-invasive procedure to record sleep pattern, heart rate, breathing pattern, muscle activities, snoring and arterial oxygen levels during sleep.

In difficult and complicated cases, such as poor outcome after previous sleep surgery, sleep endoscopy will be carried out under sedation to assess the location and cause of the upper airway obstruction using a flexible endoscope.

Therapeutic Options

A suitable treatment regimen is formulated by experienced sleep apnea specialists for individual patients. Therapeutic options include:

1. Continuous Positive Airway Pressure (CPAP) devices:
To splint the upper airway with air pressure in order to prevent its collapse during sleep.
2. Oral appliances: To reposition the lower jaw with a custom-made dental device, thereby enlarging the airway space behind the back of the tongue.
3. Surgery: To resect or reposition throat structures obstructing the upper airway so as to restore normal flow of air in and out of the lungs.
4. Modification of lifestyle such as weight control.

Follow-up assessment will be provided at our Centre after treatment to evaluate the patient's condition and determine whether further support is necessary.