

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

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CSAC.0011.H/E-04-082020

Do You Snore? Do You Have Sleep Apnea?



養和醫院
Hong Kong Sanatorium & Hospital

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

Our Comprehensive Sleep Apnea Centre provides integrated services for sleep and sleep disordered breathing. We have a team of experts to help you establish the diagnosis and formulate treatment plans. Early therapeutic interventions are crucial for better clinical outcomes.

What is Obstructive Sleep Apnea?

Obstructive sleep apnea is the most common type of sleep apnea. It has been shown to affect 2 to 4% of the population in Hong Kong (30-60 years old). Patients with obstructive sleep apnea have repeated episodes of complete or partial upper airway obstruction during sleep, leading to low oxygen level and fragmented sleep.

Medical Consequences of Obstructive Sleep Apnea

For untreated obstructive sleep apnea, there is evidence that it is associated with,

- High blood pressure
- Heart attack
- Arrhythmia
- Stroke
- Diabetes
- Neurocognitive impairment
- Sexual dysfunction

Do You Have These Symptoms?

You may be suffering from obstructive sleep apnea if you have,

- Heavy snoring
- “Pauses” of breathing during sleep
- Sleep choking
- Excessive daytime sleepiness
- Morning headache
- Nocturia

Diagnosis

Please consult our doctors for further evaluation if there is a clinical suspicion of obstructive sleep apnea.

Standard In-laboratory Full-Lead Sleep Study

This is the gold standard test for making the diagnosis of sleep and sleep disordered breathing. You will be tested in the hospital during the sleep study overnight, and electrodes will be attached to your head and body for continuous monitoring of snoring, brain, heart and muscle activities as well as oxygen level.

Home Unattended Sleep Study

This sleep test will be done at home with a portable sleep diagnostic device.

Treatment

Our experts will review your sleep study reports and give you advice on different treatment options:

Continuous Positive Airway Pressure (CPAP)

It is the most effective treatment for obstructive sleep apnea. This non-invasive device pulls in room air, and blows it into a tube to open up your upper airway via a mask.

Mandibular Advancement Splint

This tailor-made device is only for selected patients who are required to see a qualified orthodontist for assessment.

Surgery

There is very little data of long-term efficacy. However, nasal turbinectomy does help to facilitate CPAP treatment.

Lifestyle Modifications

Our team would guide you through the treatment during follow-ups, and provide reassessment of therapeutic response after treatment.