

# 睡眠檢查

## 簡介

睡眠佔據我們生命中三分之一時間。睡眠期間出現問題是很普遍的。如睡眠窒息症。失眠或日間過份渴睡都有可能需要睡眠檢查來幫助診斷。

檢查通常在晚間進行評估病人的睡眠情況，呼吸，心臟節奏及身體活動。睡眠檢查也可以在日間進行測量過份渴睡的嚴重程度。檢查會在一間寧靜的房間進行。你的頭部，面部，身體及四肢均會與儀器接駁。這個檢查不會對你造成傷害，過程中亦不會令你感到不適。

## 準備工作

- ◆ 檢查進行前至少一星期維持你的睡眠習慣
- ◆ 檢查前一天不要喝任何含酒精成份的飲品及咖啡
- ◆ 檢查前6小時停止吸煙
- ◆ 檢查前一天洗淨頭髮，不要塗上理髮膏，髮油或噴霧髮品
- ◆ 請準時到達瑪麗醫院K座21C樓睡眠檢查中心

## 備註

如果你需要睡眠檢查，可由醫生轉介到瑪麗醫院精神科睡眠疾病診所或可用電話聯絡護士以作進一步的評估及安排。

電話：2255 3067


如有任何查詢，請聯絡你的主診醫生

以上質料由瑪麗醫院精神科提供



瑪麗醫院  
Queen Mary Hospital

# 睡眠檢查 SLEEP INVESTIGATION

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# SLEEP INVESTIGATION

## Introduction

Sleep occupies one third of our life time and problems occur commonly during sleep. Disorders like sleep apnea, insomnia or excessive daytime sleepiness may require sleep investigation. Sleep investigation is usually performed at nighttime to assess your sleep, respiration, cardiac rhythm and body movements. This assessment is carried out in a quiet room. Your head, face, body and limbs will be connected with the calibrated machine. This test itself is safe and causes no discomfort.

## Preparation

- ◆ Keep your routine sleeping pattern for at least 1 week before the study.
- ◆ Do not drink alcohol or coffee the day before the study
- ◆ Stop smoking 6 hours before the study
- ◆ Wash your hair and keep it free from hair cream, oil or spray the day before the study
- ◆ Attend punctually at the Sleep Evaluation Laboratory, Queen Mary Hospital at Floor 21C, Block K, Queen Mary Hospital

## Remark

If you require sleep investigation, you can ask your doctor to refer you to the Sleep Disorders Clinic, Department of Psychiatry, Queen Mary Hospital or you can contact our nurse at telephone number: 2255 3067 for further assessment and arrangement.

Should there be any queries, consult your physician in charge

Information Provided by Department of Psychiatry, Queen Mary Hospital