

睡眠檢查服務

簡介

瑪麗醫院睡眠檢查中心提供優質睡眠檢查和診斷，確保到診人士得到適當的治療及輔導。

睡眠疾病種類繁多，不同的睡眠問題有其不同的處理方法。最常見的是睡眠窒息症。患者在睡眠時會短暫停止呼吸，停止的次數每晚數十次至數百次不等。頻繁的窒息令患者不能熟睡，致身體機能產生各種不良的反應，如血氧下降等。

睡眠檢查能夠提供足夠的資料協助醫生診斷，作出合適的治療方法。

專科醫護人員、儀器先進

睡眠檢查中心由一組富經驗的醫護人員提供服務，包括香港大學醫學院呼吸科、耳鼻喉科、精神科及小兒科專科醫生和教授、睡眠技師和護士。本中心採用電腦化的睡眠紀錄分析儀，以診斷睡眠窒息症。

本中心提供單人獨立套房。環境寧靜，適合通宵檢查。

此外，經醫生評估後，如病人適合在家中進行睡眠測試或氣壓滴定測試，護士及睡眠技師會指導病人測試方法，以便病人在家中進行測試。



如有查詢，歡迎致電本中心：

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瑪麗醫院

何廷錫睡眠檢查中心


以上資料由瑪麗醫院內科部提供。



瑪麗醫院
Queen Mary Hospital

睡眠檢查服務 SLEEP STUDY SERVICES



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SLEEP STUDY SERVICES

Introduction

The Sleep Disorders Centre at Queen Mary Hospital provides high quality services for the diagnosis and treatment of common sleep disorders in Hong Kong.

There are various sleep disorders with different treatment options. Obstructive sleep apnea (OSA) is the most common sleep related breathing disorders seen worldwide. Apnea means absence of breathing. The person with sleep apnea may have hundreds of these episodes throughout the night, disrupting their sleep and starving the body of vital oxygen. They usually cannot go into deep sleep, and their body functions are affected. An overnight sleep study helps to make a diagnosis and appropriate treatment can be initiated.

Facilities for Sleep Studies

The Sleep Disorders Centre provides facilities and expertise for management of sleep disorders. We have a team of experienced

doctors, nurses and technical staff of different specialties, including respiratory physicians, pediatricians, ear, nose & throat surgeons, psychiatrists and sleep technicians. The laboratory is equipped with computer systems for in-laboratory sleep studies which are conducted under continuous monitoring.

Our sleep centre offers single rooms. This ensures individual privacy and a quiet environment for an overnight sleep study.

For suitable patients, portable sleep study / home titration can be performed at home after taught by nurse or sleep technician.

Information provided by the Department of Medicine, Queen Mary Hospital.



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