

睡眠健康與失眠

人為甚麼要睡覺？

在醫學上，睡眠對人體功能上的影響，暫時還沒有詳細定論。但睡眠不足或質素不好，實際上會影響我們的認知能力，引致學業或工作表現欠佳，駕車人仕甚至較易發生交通意外。

睡覺衛生

良好的睡眠習慣通常會幫助睡眠，以下是一些睡眠衛生的提示：

- ◆ 平日或假期均保持有規律的睡覺和起床時間
- ◆ 避免午睡。如覺得非常疲倦，建議在下午四時前小睡片刻
- ◆ 睡前避免過度的精神或體力活動。如生活有很多煩惱，儘量不要在睡前去想這些問題
- ◆ 睡前避免過飽或過饑
- ◆ 睡前四小時避免烟酒
- ◆ 睡前六小時內避免進食含咖啡因的食物或飲料，例如茶、咖啡及汽水
- ◆ 不要在床上吃東西、看書或看電視
- ◆ 日間做規律的運動

- ◆ 睡房避免太光、太吵、太熱或冷

何謂足夠的睡眠？

不同年齡的睡眠需要也不一樣。一般來說，成年人每晚需要約八小時的睡眠；由於個人的生理內在時鐘不同，所需睡眠亦異。當你睡醒後感到精力充沛，縱使日間生活沉悶或單調，亦不會昏昏欲睡，這便證明你有足夠的睡眠。

老年人的睡眠是否和年青人不一樣？

隨著年齡的增加，老年人較少熟睡，而淺睡則明顯增加，因此比較容易被驚醒。這改變並不會影響日間的表現，因此無需過份緊張。

午睡好嗎？

一般來說，成年人並不需要午睡。倘若個人有這個習慣，又不影響晚上睡眠的時間和質素，則午睡也無妨。反之，晚上已經有足夠的睡眠，仍需長時間的午睡才能應付日間的生活，便可能是患有睡眠疾病。

常見的睡眠疾病

睡眠疾病種類繁多，較常見的有失眠症及睡眠窒息症。其次是夢遊症、睡眠腳動症、渴睡症等。此外，因患病而需服用某些藥物，也可能引致睡眠失調。睡眠問題的處理各有不同。病人可考慮是否需要向醫生求診及接受治療。

甚麼是失眠？

失眠是一種症狀而非疾病。失眠是指難入睡、睡眠質素差，或太早醒來而不能再次入睡。偶然一次失眠是非常普遍及正常的。假如失眠是經常性、持續地發生，而影響日常生活便需要找專家診治。

甚麼是失眠的主要原因？

長期失眠 (四星期以上) 的主因多與精神問題有關，例如憂鬱、焦慮、緊張和壓力。少數是因睡眠窒息症、睡眠腳動症、或其他疾病所導致。

失眠有需要吃藥嗎？

診治失眠最重要是找出原因。有些情況需要短期服用安眠藥來幫助睡眠，可以的話，應儘量服用低份量以及倚賴性少的安眠藥，不應長期倚靠藥物。




瑪麗醫院
Queen Mary Hospital

睡眠健康與失眠

SLEEP HEALTH AND INSOMNIA

如有任何查詢，請聯絡你的主診醫生

以上資料由瑪麗醫院睡眠檢查中心提供。

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SLEEP HEALTH AND INSOMINIA

Why do we need to sleep?

There is no in-depth scientific explanation on the need to sleep, but sleep deprivation and poor sleep quality affect our judgment and concentration. This may result in poor performance and motor vehicle accident.

Sleep hygiene

Good sleeping habits will improve sleep quality. These are some suggestions,

- ◆ Maintain a regular sleep-wake pattern on both weekdays and weekends
- ◆ Avoid afternoon naps, and if you are really tired, try to have a nap before 4 pm
- ◆ Don't try to solve many problems or do vigorous exercises just before going to sleep
- ◆ Don't sleep on a full or empty stomach
- ◆ Avoid alcohol or cigarettes 4 hours before sleep
- ◆ Avoid caffeine containing food or drinks 6 hours before sleep
- ◆ When you are in bed, refrain from eating or reading or watching television

- ◆ Have regular exercises during the day
- ◆ The sleeping environment should not have excessive light or noise, and the temperature should be optimum

What is adequate sleep?

In general, an adult sleeps for about 8 hours a day. We all have different biological clocks and require different sleep duration. If you feel refreshed on waking in the morning, and you do not fall asleep even when engaged in monotonous or boring activities, that means you have adequate sleep.

Is there a difference of sleep quality between elderly and adolescents?

The elderly tend to have more light sleep and are more easily aroused during sleep. However, their daily activities are usually not affected.

Do we need a nap in the afternoon?

Adults do not usually need an afternoon nap. If you do have a habit of having a nap after lunch, and it does not affect your sleep at

night, it does no harm. However, if you have "adequate" sleeping hours at night, yet, you also need a long afternoon nap, you may be suffering from some sleep disorders.

What are the common sleep disorders?

There are many different sleep disorders, insomnia and obstructive sleep apnea are the most common conditions encountered. Others include sleep walking, periodic limb movement disorder and narcolepsy. Some diseases or drugs may also cause sleeping problems. Individuals may seek medical consultations depending on the nature and severity of their symptoms.

What is insomnia?

Insomnia is a symptom, not a disease. People with insomnia find it difficult to fall asleep and go back to sleep, with poor sleep quality or waking too early. It is fairly common to have insomnia once in a while. If you have insomnia very often and it affects your daily living, you need to seek medical advice.

What are the causes of insomnia?

Chronic insomnia (lasts for > 4 weeks) is mainly related to mental problems, such as depression, anxiety and stress. A minority of people may have obstructive sleep apnea, periodic limb movements, or other medical diseases.

What are the drugs for insomnia?

It is important to look for the underlying causes of insomnia. In some circumstances, taking a low dose sleeping pill at night to help sleep over a short period may be helpful, but do not rely on medications in the long term.

Should you have any queries, please consult your doctor-in-charge

Information provided by Department of Medicine, Queen Mary Hospital.