

Paediatric Obstructive Sleep Apnoea and Sleep Study

兒童睡眠窒息症及
睡眠測試



Gleneagles Hospital

HONG KONG

港怡醫院

Children with mild sleep apnoea may improve with medical treatment. For some children with moderate or severe sleep apnoea, surgical excision of the tonsils and adenoid (adenotonsillectomy) is needed. The child's immunity will not be altered after the surgery. When adenotonsillectomy is considered inappropriate in a small percentage of children, a continuous positive airway pressure treatment will be considered. Children requiring continuous positive airway pressure will be properly assessed and trained by the specialist and nurses.

患有輕度睡眠窒息症的兒童可以使用噴鼻類固醇控制鼻敏感。中度至嚴重睡眠窒息症的兒童，經醫生評估後，可以考慮進行扁桃腺及腺樣體切除手術；兒童的免疫力不會在術後減弱。少數不適合接受手術治療的兒童，需要長期使用正壓呼吸器睡覺。專科醫生及護士團隊會安排評估及訓練協助兒童正確使用正壓呼吸器。

Paediatric Specialist Outpatient Clinic 兒科專科門診

Location 位置 Clinic P, 1/F, Tower A
A 座一樓 - 診所P

Opening hours 開放時間
Monday - Friday 星期一至五 9:00am - 6:00pm
Saturday 星期六 9:00am - 1:00pm
Sunday and Public Holiday 星期日及公眾假期 Closed 休息

**Enquiries / Appointment
查詢及預約**

Telephone 電話 +852 3153 9139
Fax 傳真 +852 3903 3462
Email 電郵 socpae@gleneagles.hk



Free Shuttle Service 免費專車服務

Gleneagles Hospital Hong Kong provides free shuttle bus service between MTR Wong Chuk Hang Station (Exit A) and the hospital (main entrance).

港怡醫院為市民提供免費專車服務往來港鐵黃竹坑站 (A出口) 及醫院 (正門)。



Free Shuttle Schedule
免費專車服務時間表

MTR 港鐵

Gleneagles is within walking distance from MTR Ocean Park Station (Exit C).

您可由港鐵海洋公園站 (C出口) 步行至港怡醫院。



Hospital address
1 Nam Fung Path,
Wong Chuk Hang, Hong Kong

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www.gleneagles.hk

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What is Paediatric Obstructive Sleep Apnoea (OSA)?

甚麼是兒童睡眠窒息症？

Snoring is common in children. Studies show that 10 – 15% of children snore regularly. One out of four children with persistent snoring have sleep apnoea. If your child snores frequently, he / she may suffer from sleep apnoea. You should seek medical advice.

兒童睡眠時有鼻鼾是十分常見的。研究顯示，每一百個兒童之中，就有十至十五個有鼻鼾。每四個有持續性鼻鼾的兒童之中，就有一個患有兒童睡眠窒息症。如果你的孩子經常有鼻鼾，他有可能患有睡眠窒息症，應儘快求醫。



What are the symptoms of OSA in children?

兒童睡眠窒息症的病徵？

Children with sleep apnoea may have some of the following symptoms:

患有睡眠窒息症的兒童，可有以下的病徵：

- Frequent snoring
經常打鼻鼾
- Stop breathing intermittently during sleep / Gaspings
睡眠間出現短暫呼吸停頓 / 然後出現呼吸掙扎
- Restless sleep
反馴 / 睡覺輾轉反側
- Sweat heavily during sleep
睡眠時出汗
- Daytime sleepiness
日間渴睡
- Headache in early morning after waking up
早上起床頭痛
- Behavioural difficulties
有學習困難或行為問題
- Moody, irritable
情緒不穩定
- Inattention
精神不集中
- Attention deficit hyperactivity disorder (ADHD)
專注力不足及過度活躍症

How do we diagnose sleep apnoea in children?

如何診斷兒童睡眠窒息症？

Overnight sleep test is the most reliable way to diagnose sleep apnoea in children. The child will stay in the hospital for a night. Before bedtime, sleep test technician will put on measuring wires and belts on the child. These will record brain wave, breathing, heart rhythm, blood oxygen level, etc. The process of sleep

test is not painful and will not pose any danger to the child. The sleep test data will be interpreted by a medical specialist, to determine whether the child has sleep apnoea, and to determine the severity of the sleep apnoea. **Home sleep study is available if the child deemed fit by the doctor.**

睡眠測試可以準確診斷兒童睡眠窒息症。孩子需要留院一晚。測試技術員會在孩子的頭部和身上放置記錄用的裝置，用以記錄孩子的腦電波、呼吸、心電圖、血氧等數據。睡眠測試是非侵入性，過程不會有痛楚。睡眠測試的數據會由專科醫生解讀，以判斷孩子是否患有睡眠窒息症及其程度。**部分兒童經醫生評估為適合可以在家中進行睡眠測試。**

How do we treat children with sleep apnoea?

如何治療兒童睡眠窒息症？

Treatment of paediatric sleep apnoea includes the following options, as tailored made by the child's doctor:

兒童睡眠窒息症的治療包括以下選項，醫生會為兒童度身定制合適的治療方案：

1. Medical treatment – Treatment of allergic rhinitis
藥物治療：使用噴鼻類固醇控制鼻敏感
2. Surgical treatment – Excision of tonsils and adenoid (adenotonsillectomy)
外科手術：扁桃腺及腺樣體切除手術
3. Non-invasive ventilation – E.g. continuous positive airway pressure (CPAP)
晚間睡眠時使用正壓呼吸器