

阻塞性睡眠窒息症 (OSA) 是兒童常見的睡眠障礙之一。當孩子在睡眠中上呼吸道反覆受阻，導致呼吸暫停或氣流減少，即屬OSA。這種情況會干擾睡眠質素，令孩子未能獲得充分休息，進而影響白天的認知表現和情緒穩定。

兒童OSA的夜間症狀包括：

- 頻繁打鼻鼾
- 睡眠不安、翻身頻繁
- 口呼吸
- 夜間出汗
- 有學習困難或行為問題
- **早上很難喚醒孩子**
- **早上起床有頭痛**
- **精神不集中**
- **日間渴睡**

而日間症狀則可能與注意力不足及過度活躍症 (ADHD) 相似，例如：

- 專注力不足
- 行為問題
- 脾氣暴躁或情緒不穩

這些症狀很容易被誤認為純粹的行為問題或ADHD，因此，若孩子出現相似情況，除了考慮神經發展診斷外，亦應同時檢視其睡眠質素。研究顯示，改善睡眠質素可有效緩解某些與ADHD相似的症狀，對兒童的整體健康產生正面影響。

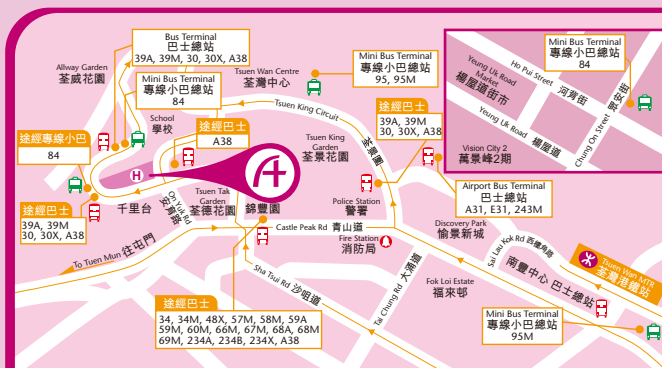
A Holistic Support from an Expert Team 專業團隊，全方位支援

The pediatrics department at Hong Kong Adventist Hospital – Tsuen Wan is led by experienced pediatric specialists and supported by a professional care team and advanced diagnostic equipment. We are committed to providing safe, comfortable, and accurate sleep diagnosis and treatment services with the goal of helping every child achieve high-quality sleep, a vital foundation for physical, cognitive, and emotional development.

香港港安醫院—荃灣的兒科由資深兒科專科醫生主理，配合先進的檢查儀器及細心的護理團隊，致力為兒童提供安全、舒適、準確的睡眠診斷及治療服務。我們的目標，是協助每位孩子得到優質睡眠，讓他們身心全面發展，健康成長。

☎ For enquiries or to book a pediatric sleep assessment, please contact us at 2275 6688.

☎ 歡迎查詢及預約兒童睡眠治療評估服務：2275 6688



Bus 巴士

39A Tsuen Wan West Station
39M Tsuen Wan MTR
30X Whampoa Gardens
30 Cheung Sha Wan
A38 Hong Kong International Airport

荃灣西站
荃灣港鐵站
黃埔花園
長沙灣
香港國際機場

To the Hospital Via Castle Peak Road:
+ Alight at Tsuen King Circuit Flyover
+ Take the bus in front of Tsuen King Circuit Police Station

所有行經青山公路荃灣段之巴士：
+ 於荃景圍天橋站下車，
+ 然後步行至荃景圍警署轉乘巴士到醫院。

Minibus 專線小巴

95M Tsuen Wan MTR
95 Nina Tower
84 Tsuen Wan Chung On Street

荃灣港鐵站
如心廣場
荃灣眾安街

A 24 小時急診中心 Hour Urgent Care Center

Adventist 港 Health 安 Hong Kong Adventist Hospital · Tsuen Wan
香港港安醫院 · 荃灣

Address 地址：199 Tsuen King Circuit, Tsuen Wan, N.T.
新界荃灣荃景圍199號

Telephone 電話：(852) 2275 6688

Fax 傳真：(852) 2275 6767

Website 網站：www.twah.org.hk



Hong Kong Adventist Hospital -Tsuen Wan reserves the right to update the fee schedule, brochure, terms and conditions. Any change of fee schedule will be announced and notices will be published in advance, in accordance with the statutory notice period. Any other changes except the fee schedule may be made at any time as it sees fit without prior notice, you are advised to check the latest information before using our services. For the latest information, please visit our website at www.twah.org.hk
香港港安醫院—荃灣保留修訂收費表、單張內容、條款及細則之權利。任何的收費表調整將會根據法定的通知期提前發出通告和作出宣布。其他與收費表以外的相關修訂，則可能不作另行通知，閣下於使用本院服務前查閱最新資訊。如欲查閱最新資料，請瀏覽本院網站www.twah.org.hk。

Valid date 有效期至：30/6/2027

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Adventist 港 Health 安
Hong Kong Adventist Hospital · Tsuen Wan
香港港安醫院 · 荃灣



Pediatric Sleep Therapy Service 兒童睡眠治療服務



4 Pediatric Sleep Therapy Service 兒童睡眠治療服務簡介

Good sleep is essential for healthy growth and development in children, not only benefiting memory, but also promoting the release of growth hormones, clearing of metabolic waste from the brain, and maintenance of emotional and cognitive functions. Insufficient or poor-quality sleep can affect academic performance and emotional regulation, and may even contribute to potential problems such as stunted growth and heart failure.

Hong Kong Adventist Hospital – Tsuen Wan offers pediatric sleep therapy services that target sleep issues in children and adolescents. Led by highly experienced pediatricians and pediatric respiratory medicine specialists, this comprehensive, one-stop program offers personalized advice for parents that addresses behavioral and physiological sleep problems, and also identifies cases that may require further intervention or referral to other specialties such as ENT or psychiatry.

良好的睡眠對兒童的健康成長至關重要。睡眠不僅有助於鞏固記憶、分泌生長荷爾蒙，還能清除大腦中的代謝廢物，維持情緒與認知功能。若孩子長期出現睡眠不足或睡眠質素欠佳的情況，不僅會影響學習表現與日常情緒，甚至會出現生長緩慢和心臟衰竭等潛在問題。

香港港安醫院—荃灣設有兒童睡眠治療服務，由具豐富臨床經驗的兒科及兒科呼吸系統科專科醫生主理，提供一站式綜合服務，專注處理各類兒童及青少年的睡眠問題。門診為家長提供個人化建議，協助解決孩子的行為性或生理性睡眠困擾，並能及早識別需要更深入介入或轉介其他專科（如耳鼻喉科、精神科等）跟進的個案。

4 Our services include: 我們的服務包括：

- Specialist consultations with personalized advice for behavioral sleep problems
- Diagnostic and treatment recommendations for children with suspected sleep-related breathing disorders
- Diagnostic overnight sleep study (polysomnography)
- 醫生諮詢並提供針對行為性睡眠問題的建議
- 為懷疑患有與睡眠相關呼吸障礙的兒童提供診斷及治療建議
- 安排診斷性夜間睡眠測試

4 What is Polysomnography? 如何進行睡眠測試？

Polysomnography (PSG) is a gold-standard sleep study used for diagnosing sleep-related breathing disorders such as obstructive sleep apnea (OSA). The test is conducted while the child is sleeping naturally and monitors multiple physiological.

- Brain waves
- Eye movements
- Snoring sounds
- Breathing patterns
- Chest and abdominal movement
- Blood oxygen saturation
- Muscle activity



In some cases, video recording is also used to provide a more comprehensive understanding of the child's sleep behavior. These data points help determine whether the child has any breathing irregularities during sleep and if so, the severity of the condition, enabling doctors to design a personalized treatment plan.

Creating a Restful Night for Your Child

To provide a comfortable experience for our guests, children undergoing an overnight sleep study are admitted to our private unit, where they receive round-the-clock monitoring by our professional and experienced medical team. The quiet environment helps children relax and fall asleep more easily, resulting in more accurate data for the sleep test.

夜間睡眠測試（PSG）是診斷睡眠相關呼吸障礙（如阻塞性睡眠窒息症）的標準方法。測試會在孩子自然睡眠期間進行，並持續整晚，透過儀器記錄多項生理指標，包括腦電波、眼動、鼻鼾聲、呼吸模式、胸腹活動、血氧飽和度及肌肉活動等。在部分情況下，亦會加入錄影觀察，以更全面了解睡眠狀況。所得數據有助醫生評估孩子是否存在呼吸障礙及其嚴重程度，並設計個人化的治療方案。

為孩子打造安穩一夜

為了讓客人有更好體驗，接受夜間睡眠測試（PSG）的孩子將會入住本院的私家病床樓層，確保專業經驗豐富的醫療團隊全天候24小時守護。寧靜的環境使孩子更容易放鬆入睡，讓夜間睡眠測試的數據更精準。

4 Obstructive Sleep Apnea (OSA) and Your Child's Health 阻塞性睡眠窒息症（OSA）與兒童的健康

OSA is one of the most common sleep disorders in children, and occurs when the upper airway becomes repeatedly obstructed (partially or completely) during sleep, which leads to pauses in breathing or reduced airflow. This disrupts sleep quality, prevents the body and brain from getting adequate rest, and ultimately affects cognitive performance and emotional stability.

Common symptoms of pediatric OSA include:

- Loud and frequent snoring
- Restless sleep, frequent tossing and turning
- Mouth breathing during sleep
- Night sweats
- Difficulty waking in the morning
- Headaches upon waking
- Poor concentration
- Sleepiness during the day
- Learning difficulties or behavioral problems

Some daytime symptoms may resemble those of attention-deficit/hyperactivity disorder (ADHD), such as:

- Inattention
- Behavioral problems
- Irritability and mood swings


As the latter few symptoms are similar to those of ADHD, sleep issues are sometimes misdiagnosed or overlooked. If your child demonstrates signs of ADHD, it is important to evaluate their sleep quality in addition to pursuing neurodevelopmental assessment. Studies show that improving sleep quality may help alleviate some ADHD-like symptoms and support overall health and well-being.





Pediatric Sleep Therapy Service Package

Pediatric Sleep Therapy Service Package

|  2 days and 1night accommodation | Semi-private (2 Beds) | Semi-private (Single) |
|--|-----------------------|-----------------------|
| <ul style="list-style-type: none"> + Sleep Study PSG + Accommodation (included 1 Companion Bed) + Close observation and monitoring including the equipment (2D1N) | | |
| Package Special Price(s) | \$17,000 | \$18,000 |

Terms and Conditions

Including:

- + Hospital service charge
- + Nursing care

Excluding:

- + Doctor's ward round fees
- + Doctor's fee
- + Meals
- + All extra tests, examinations, treatments and medications prescribed by doctors
- + All emergency services beyond routine procedure
- + Extra Companion Bed
- + Extra Sundries and miscellaneous items not related to sleep study procedure

Important Information

The package is exclusive in 15/F Private Unit for pediatric cases.

Appointment & Enquiries

For further information or appointment with our paediatricians, please contact us on the telephone number below, or visit our website.

Tel : (852) 2275 6888

Website : www.twah.org.hk



兒童睡眠治療服務計劃

A 兒童睡眠治療服務計劃

| A 兩日一夜住宿 | 半私家 (雙人房) | 半私家 (單人房) |
|---|--------------|--------------|
| + 睡眠測試 (第一個晚上) + 住宿 (包括一張陪床) + 住院觀察及儀器 (兩日一夜) | | |
| 套餐精選價 | \$17,000 | \$18,000 |

收費細則

費用包括：

- + 醫院服務費
- + 護理費

費用不包括：

- + 醫生巡房費
- + 醫生費
- + 膳食
- + 所有由醫生指定的額外化驗、檢查和藥物
- + 所有正常程序以外的緊急服務
- + 額外陪床
- + 非睡眠測試程序相關之額外雜項及日常用品

注意事項

套餐只適用於15樓私家病房的兒科病人。

預約及查詢

如欲進一步了解，或預約本院兒科醫生，請與我們聯絡，或瀏覽下列網站。

電話：(852) 2275 6888

網址：www.twah.org.hk

