

General Information

- ❖ Please make appointment in advance.
- ❖ Please bring the referral letter and I.D. Card / Passport or valid Hong Kong Travel Visa for registration at Admission Department 15 minutes before the appointment.
- ❖ Please inform us at 22003155 during office hour if you cannot attend in time.
- ❖ When typhoon signal No. 8 (or above) or the rain storm black warning is hoisted, please contact us to rearrange a new appointment.
- ❖ In addition to health examination scheme, optional diagnostic investigations are available. Please refer to our website.

References:

www.21.ha.org.hk/smartpatient

Effective since: March 2022

PFE-EPI-3-E013



Tel: (852) 22003434

Website: www.sth.org.hk

- We provide "Octopus hourly parking services"
- Green Line Minicab: 2, 17M, 25M, 46, 70,
- Red Line Minicab: Mongkok to San Po Kong / Wong Tai Sin / Kowloon City
- Public Buses: 1, 1A, 2A, 6D, 7B, 9, 12A, 13D, 16, 24, 27, 42, 95, 98C, 113, 203E, 296C, N216
- MTR
 - * Lok Fu: 5 mins by taxi
 - * Mongkok: by red line minibus, get off at Lomond Road
 - * Sung Wong Toi: Exit B1, about 5-10 minutes walk
- East Rail Line
 - * Mongkok East: about 5 minutes by taxi
 - * Kowloon Tong: by green line bus no. 25M
- Rehabus (Dial-a Ride): (852) 2817 8154



St. Teresa's Hospital
聖德肋撒醫院

Sleep Study

Examination Information

Sleep Study



Health Screening & Diagnostic Centre

1/F Main Block, St. Teresa's Hospital

Tel:(852) 2200 3155

Working Hours:

08:00-16:00 (Monday to Saturday)

Introduction

Obstructive Sleep Apnea is a condition only became known to medical scientists 15 years ago. In Hong Kong, more than a hundred thousand people are thought to be affected and yet most of them are not aware of this condition which is detrimental to their overall health and well being.

Signs and Symptoms include loud snoring, fatigue, excessive day-time sleepiness, light sleep, morning headache, memory loss, inability to concentrate and loss of libido. Our centre have installed a state-of-the-art sleep

diagnostic equipment that will help to diagnose someone who is suffering from Obstructive Sleep Apnea and its related diseases.

Preparation on the day of the Sleep Study

1. Normal activity on the day of study, avoid taking naps during the day.
2. No stimulating drinks on the day of study such as coffee, tea, wine & coke.
3. Please take a shower and wash your hair before the test, do not use moisturizing cream or hair spray.
4. Male patients are advised to take a shave and female patients should remove make-up and nail polish before the test.
5. Please wear loose pajamas to facilitate study instead of night gowns.
6. Withhold medication as instructed by your doctor. If no special instruction is given, please continue with the medications.
7. To reach optimal result, please come to our hospital before 8pm to allow sufficient time for preparation. The medical staff will commence the study for you at around 9-10pm.

The Procedure

1. The test will be conducted in our centre. A quiet single room is provided.
2. We will attach the sensors to your body. You just need to sleep as normal. The test will finish when you wake up the next morning.
3. We will record your sleep pattern, heart rate, sleep posturing, limb movement, breathing pattern and arterial oxygen level during your sleep.
4. The data retrieve from the test will tell us whether you have central or obstructive sleep apnea.

After the test

1. The gel and electrodes will be removed.
2. Report will be delivered to your referring doctor when available.

Should you have any queries, please consult your doctor.

327 Prince Edward Road
St. Teresa's Hospital

Phone: (852)-22003434

Website: www.sth.org.hk