

睡眠窒息症

是必須接受治療的慢性疾病

Sleep Apnea is a disease that must be treated



沒有接受治療的
嚴重睡眠窒息症患者
患上**中風**的機會高
2倍^{1,4}

2 times higher risk of
Stroke in people
with severe, untreated
Sleep Apnea^{1,4}



沒有接受治療的
嚴重睡眠窒息症患者
死於**心臟病**的風險高
2倍^{2,4}

2 times higher risk of
dying from Heart Diseases
for severe, untreated
Sleep Apnea^{2,4}



睡眠窒息症患者
患上**心房顫動**的風險高
2倍至4倍^{3,4}

2 to 4 times higher risk of
Atrial Fibrillation in people
with Sleep Apnea^{3,4}

呼吸機

不是唯一的治療方法

CPAP is not the only
way to treat sleep apnea

眾所周知，呼吸機是治療睡眠窒息症的黃金標準；無論是輕微或嚴重的患者，一般於接受治療後，都能獲得重大改善。但如果您拒絕接受呼吸機治療或嘗試後覺得不適合自己，您會選擇完全放棄治療？又或者您會希望尋求其他方法助您重拾健康？

用機3個月後
放棄治療比率⁶
20%-40%

Discontinue
CPAP after
3 months⁶



CPAP is considered the gold standard treatment for sleep apnea and significant improvement is seen after therapy for most of the patients. However, if you cannot accept or adhere to CPAP therapy, what can you do? Will you give up therapy at all or you will look for other possible therapies to regain a healthy life?



Why not CPAP
為何抗拒用機

Sleep KINWOOD

健和醫療 全方位改善睡眠

側睡治療

治療睡眠窒息症的另一個選擇

Positional Therapy is another way to treat Sleep Apnea

84%



分別87%及84%的輕微及中度睡眠窒息症亞洲患者，仰睡時的窒息情況明顯較嚴重⁵

Positional dependency is present in 87% and 84% of mild and moderate Asian OSA patients respectively⁵

84%

有綜合研究報告顯示，使用電子側睡帶能有效減少平均84%的仰睡時間⁶

Combined data for clinical studies show that positional device can reduce an average 84% sleeping time in supine position⁶

54%

藉著減少仰睡時間，使用電子側睡帶可減低約40%至70%的窒息次數，平均值為54%⁶

By lowering the sleeping time in supine position, positional device can reduce an average 54% apnea-hypopnea index⁶

減少仰睡

改善睡眠窒息及鼻鼾

Reduce sleeping time in supine position helps alleviate snoring and sleep apnea

由於地心吸力關係，舌頭、吊鐘及軟顎組織於仰睡時更容易下塌至喉嚨後方，令呼吸道變得狹窄，增加窒息的機會。事實上，大約56%至75%的睡眠窒息症患者屬「姿位性睡眠窒息症」⁶，表示他們仰睡時的窒息明顯地較側睡時嚴重（「仰睡」時的窒息指數是「非仰睡」時的2倍或以上）⁷；所以減少仰睡時間，理論上便可以減少窒息。

姿位性睡眠窒息症
Positional OSA



Because of gravity, a relaxed airway can be further obstructed in supine sleeping position when the tongue and soft pallet tissue is pulled down towards the rear of the throat. About 56% to 75% of sleep apnea patients are positional OSA⁶ meaning that their sleep apnea are significantly more severe in their supine position than in their lateral position.



Shall I Try
Positional Therapy
我適合側睡治療嗎

¹ Xia Wang, Yingying Ouyang, Zhen Wang et al. Obstructive Sleep Apnea and Risk of Cardiovascular Disease and All-Cause Mortality: A Meta-Analysis of Prospective Cohort Studies. International Journal of Cardiology. 2013 Nov 5;169 (3): 207-214. | ² Fu, Y., Xia, Y., Yi, H. et al. Meta-analysis of all-cause and cardiovascular mortality in obstructive sleep apnea with or without continuous positive airway pressure treatment. Sleep Breath 21, 181-189 (2017). | ³ Tung P, Anter E. Atrial Fibrillation And Sleep Apnea: Considerations For A Dual Epidemic. J Atr Fibrillation. 2016;8(6):1283. | ⁴ Sleep Apnea Hurts HEARTS Infographic. Sleep Education, American Academy of Sleep Medicine. | ⁵ Mo JH, Lee CH, Rhee CS, Yoon IY, Kim JW. Positional dependency in Asian patients with obstructive sleep apnea and its implication for hypertension. Arch Otolaryngol Head Neck Surg. 2011 Aug;137(8):786-90. | ⁶ Ravesloot MJL, White D, Heinzer R, Oksenberg A, Pépin JL. Efficacy of the New Generation of Devices for Positional Therapy for Patients With Positional Obstructive Sleep Apnea: A Systematic Review of the Literature and Meta-Analysis. J Clin Sleep Med. 2017;13(6):813-824. | ⁷ Cartwright RD. Effect of sleep position on sleep apnea severity. Sleep. 1984;7(2):110-4.

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「側睡易」

3 合 1 治療方案

全面覆蓋 設想周到

“Lateral Easy”

3-in-1 Positional Therapy Plan

MedCline®

側睡治療枕

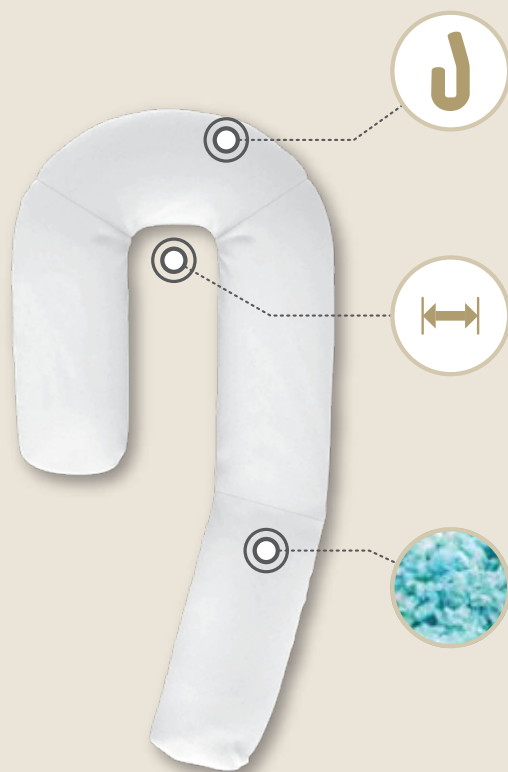
Therapeutic Body Pillow



MedCline®

習慣仰睡人士要單靠自己改變睡姿並不容易。MedCline®由醫生研發，並配合身高，提供不同尺碼選擇，從設計出發，溫柔地改變睡姿。

It is challenging for people to change their sleeping position without any aids. MedCline® was developed by a surgeon to help you adapt to side sleeping both naturally and comfortably.



橫跨全身的J形設計，為背部提供適當支撐，讓您能舒適地維持在理想的側睡姿勢。

J-shaped design spanning the whole body provides adequate support for your back when sleeping on your side.



側睡枕兩邊之間維持適度空間，讓您睡眠時不容易向後翻，但同時亦給您改變睡姿的彈性。

The space between the two sides is restrictive so no more rolling to your back, but still leave the option to change your sleeping position during the night.



枕芯以富有彈性的粒狀泡沫棉為填充物料，不但通風透氣，簡單一推一拉，即可為自己調整出最理想的個人化承托設計。

The pillow uses breathable and soft shredded memory foam as the filling. Simply push the filling to the area where you require extra support.

「側睡易」租用計劃，包括 ① 租用 NightShift™ 兩星期，讓您體驗及了解自己是否適合側睡治療；② MedCline® 側睡治療枕一個，為您身體提供足夠支撐，助您舒適地維持側睡；③ 治療成效測試，包括血液含氧量分析報告。“Lateral Easy” Rental Plan, includes ① Two-week rental of NightShift™ to experience the positional device; ② A MedCline® body pillow to provide the support you needed for your back when you sleep on side; ③ A treatment efficacy test with SpO2 data report.

租用 Rental Plan \$2,800 | 購買 Purchase Plan \$5,800

NightShift™

電子側睡帶

Vibro Positional Device



NightShift™

NightShift™經過臨床驗證，為使用者於仰睡時作出震動提示，從而達到減少仰睡時間、改善鼻鼾及睡眠窒息症之效果。

NightShift™ is a clinically tested positional therapy device. It provides a subtle vibrating stimulus that prevents users adapting supine position and reducing the severity of snoring and airway obstruction.



一機兩帶設計，使用者可選擇把儀器佩戴於胸部或頸部位置。一般來說，胸帶較舒適；頸帶較穩定，適合頻繁轉換睡姿人士。

Two straps design for either neck or chest fitting. Chest-worn may be more comfortable and neck-worn might be less likely to shift during sleep.



於首次使用時，把腰帶或頸帶調校至適合的佩戴長度。之後每次只需一按鍵即可使用，無論家用或旅行亦十分方便。

Measure and adjust the strap to the right length for the first use, then press on and use in an incredible easy way no matter at home or travel.



可記錄最多365天的使用數據。使用頸帶更可提供睡眠效率、覺醒次數及鼻鼾指數等詳盡治療數據供醫生及病人參考。

Compliance data for up to a year. The neck-worn option provides additional therapy data like sleep efficiency, awakening and snoring index.