

常見睡眠問題

Common Sleep Problems

Sleep problems involve having a hard time falling asleep, staying asleep or staying awake. Check (✓) if any of these statements apply to you:

- I often do not get enough sleep.
- I do not have restful sleep.
- I have trouble staying awake when I sit still, watch television or read.
- I fall asleep or feel very tired while driving.
- I have problems concentrating at home, work or school.
- I have had problems doing my work at my job or school.
- I am often told by others that I look tired.
- I have trouble controlling my emotions.
- I feel like I am slow to react or respond.
- I feel like I have to take a nap almost every day.

If you checked any of the statements, you may have a sleep problem.

Causes of Sleep Problems

Sleep problems can happen for many reasons, but some of the more common causes are:

- Changes to your sleep-wake cycle, such as working night shift when you usually sleep
- Not getting enough sleep to feel rested and alert through the day
- Health problems such as asthma, heart failure, or pain and certain medicines
- Alcohol, caffeine or nicotine use
- Sleep disorders

睡眠問題包括難以入睡、嗜睡或無法入睡。

確認(✓) 這些陳述是否適用於您：

- 我經常睡眠不足。
- 我沒有深度睡眠。
- 我在坐著、看電視或閱讀時很難保持清醒。
- 我在開車時容易犯困或感到很累。
- 我在家裡、工作或上學時很難集中精力。
- 我在工作或學習時有困難。
- 別人經常告訴我我看起來很疲憊。
- 我很難控制我的情緒。
- 我感覺我反應很遲鈍。
- 我感覺我幾乎每天都要睡午覺。

如果確認任何陳述適用於您，您可能會有睡眠問題。

睡眠問題的原因

導致睡眠問題的原因有多種，其中一些較為常見的有：

- 改變醒睡週期，例如在平時的睡眠時間值夜班
- 沒有獲得充足睡眠從而感覺很累並在白天一直保持清醒
- 健康問題，例如哮喘、心力衰竭或疼痛及某些藥品
- 使用酒精、咖啡因或尼古丁
- 睡眠障礙

Common Types of Sleep Disorders

Insomnia

Insomnia includes any problem with falling asleep, staying asleep or waking up too early in the morning. Factors that may cause insomnia include:

- Illness
- Feeling sad
- Stress
- Caffeine
- Alcohol or drugs
- Certain medicines
- Heavy smoking
- Poor sleep habits such as:
 - Daytime napping
 - Sleeping in a place with a lot of noise or light
 - Going to bed early
 - Spending too much time in bed awake

Make changes to the factors that may be causing your insomnia if possible. Have a regular bedtime routine. Limit caffeine, alcohol and smoking.

Talk to your doctor if you have a hard time sleeping more than 3 nights a week for a month.

常見的睡眠障礙類型

失眠

失眠包括難以入睡、睡不安穩或早晨醒來過早。可導致失眠的因素包括：

- 疾病
- 憂傷
- 壓力
- 咖啡因
- 酗酒或吸毒
- 服用某些藥物
- 吸菸過度
- 睡眠習慣不好，例如：
 - 白天睡覺
 - 睡眠場所噪音大或光線強烈
 - 上床過早
 - 清醒狀態下臥床時間太長

如有可能，應改變可能導致失眠的因素。保持有規律的就寢時間。減少攝入咖啡因、飲酒及吸菸。

如果連續一個月每週超過3個晚上的睡眠有問題，應告訴醫生。

Sleep Apnea

Sleep apnea is when breathing stops at times during sleep. It most often happens because the muscles at the back of the throat relax and the tongue falls back during sleep, narrowing the airway. The length of time that breathing stops can vary from a few seconds to several minutes. During this time, the body does not get enough oxygen. Sleep apnea can occur many times each night. Untreated sleep apnea can lead to high blood pressure and a higher risk of stroke or heart attack.

See your doctor if your family notices loud snoring, choking or gasping sounds or lack of breathing during sleep. Other signs you may notice include falling asleep during the day and not feeling rested when you wake up in the morning. Treatment of sleep apnea involves keeping the airway open during sleep. This may include:

- Having a sleep study to check how your breathing changes during sleep
- Weight loss
- Avoiding alcohol
- Using a continuous positive airway pressure (CPAP) machine to open the airway during sleep

Narcolepsy

Narcolepsy is having a hard time staying awake during the day. A person with narcolepsy may suddenly fall asleep during an activity. Treatment involves taking medicine to help you stay awake during the daytime.

睡眠呼吸暫止症

睡眠呼吸暫止症是指在睡眠中，呼吸多次停止。發生這種情況的最常見原因是，睡眠時咽喉後部肌肉放鬆，舌頭後墜，從而使氣道變窄。呼吸停止的持續時間短則數秒，長則超過一分鐘。呼吸停止期間，身體無法獲得足夠的氧氣。每晚睡眠呼吸停止可能多次發生。睡眠呼吸暫止症不治療會導致高血壓和更高的中風或心臟病風險。

如果家人注意到您在睡覺時鼾聲很大、窒息或喘氣或呼吸停止，應前往就醫。其他可能注意到的症狀包括白天入睡和早晨醒來時感覺疲憊不已。治療睡眠呼吸暫止症，要採取措施保持睡眠時的呼吸道暢通。措施可包括：

- 做一次睡眠調查，查看在睡眠期間您的呼吸是如何改變的
- 瘦身減肥
- 避免飲酒
- 睡眠時使用「連續正氣壓睡眠呼吸機」(CPAP)打開氣道。

猝睡症

猝睡症是指白天過度嗜睡。猝睡症患者可能突然入睡。治療方法是服用藥物來保持白天的清醒狀態。

Restless Leg Syndrome

Restless leg syndrome is leg discomfort often felt at night. The discomfort may feel like a creeping, itching or crawling sensation which only gets better by moving the legs. Restless leg syndrome may cause insomnia and daytime sleepiness.

Talk to your doctor about ways to manage the problem. You can also try reducing stress, taking warm baths, massage and stretching exercises to help your muscles relax. Medicine may be prescribed to help discomfort if sleep is greatly disturbed.

Night Terrors

Night terrors occur when a person wakes suddenly with screaming, confusion or panic. Night terrors are treated with medicines taken during the day.

Sleepwalking

Sleepwalking is any activity like walking that is done while a person is asleep. The person often does not remember the activity. It is not dangerous to wake a sleep walker, but injuries can occur during sleepwalking. Keep a sleepwalker safe from injury such as blocking the stairs with a gate and removing objects to prevent tripping. Talk to a doctor if there are safety concerns with sleepwalking or if it occurs often.

Talk to your doctor if you have signs of a sleep problem. Your doctor may talk to you about ways to manage your problem or order a sleep study. A sleep study is a 6 to 8 hour recording of your brain activity, heart rate, leg movements, oxygen levels and breathing while you sleep at night.

腿部不安症候群

腿部不安症候群是經常在夜晚發生的腿部不適。這種不適類似于抽筋、瘙癢或蟲爬感，只有活動腿部才能緩解。腿部不安症候群可導致失眠和白天嗜睡。

請諮詢醫生，了解控制腿部不安症候群的方式。此外，可設法減輕精神壓力，洗熱水澡，進行按摩和肢體伸展練習，以協助放鬆肌肉。如果嚴重影響睡眠，可以透過服藥來協助緩解不適。

夜驚

夜驚是指睡眠狀態中的人突然醒來，發出尖叫、神智不清或恐慌不已。夜驚的治療方法是在白天服用藥物。

夢遊

夢遊是指人在睡眠狀態下做其他事情，例如行走。夢遊的人醒來後往往不記得自己做過的事情。叫醒夢遊的人不會有危險，但夢遊者在夢遊過程中可能受傷。為了防止夢遊者受傷，可以採取一些措施，例如在樓梯處安上門，以及清除地面物品，防止絆倒。如果因為擔心夢遊而發生安全問題，或經常夢遊，請諮詢醫生的意見。

如有睡眠問題症狀，請諮詢醫生。醫生可能會告訴您緩解問題的方式或建議進行睡眠檢查。睡眠檢查是指記錄夜間睡眠時的大腦活動情況、心律、腿部活動、氧氣含量及呼吸情況，記錄時間為6至8小時。