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<tr>
<td><strong>Citation</strong></td>
<td>The 2014 East-West Alliance Global Symposia, Li Ka Shing Faculty of Medicine, The University of Hong Kong, Hong Kong, 27-28 October 2014.</td>
</tr>
<tr>
<td><strong>Issued Date</strong></td>
<td>2014</td>
</tr>
<tr>
<td><strong>URL</strong></td>
<td><a href="http://hdl.handle.net/10722/207862">http://hdl.handle.net/10722/207862</a></td>
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Doctor-diagnosed sleep apnoea in Hong Kong adolescents: prevalence and associations with night-eating and dinner time

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Background

- Sleep apnoea affecting 1 in 20 adults.
- Eating meals late at night may cause regurgitation during sleep, affecting the upper airway.
- It is supposed that sleep apnoea is associated with night-eating and late dinners.

Objectives

- Investigate the prevalence of sleep apnoea in Hong Kong adolescents.
- Investigate its with night eating and dinner time.

Methods

- Study design
  - Cross-sectional anonymous questionnaire in 2006/07
  - Subjects: 3692 Chinese students (44.9% boys; mean age 14.8, SD 1.9 years) from 42 randomly selected secondary schools
- Data resources
  - Independent variable: Doctor-diagnosed sleep apnoea (reported by student, yes or no)
  - Dependent variables
    - The frequency of night-eating: eating meals between dinner and sleep
    - 3 categories: none (reference), 1-4 days per week, 5-7 days per week.

- Methods
  - Data analysis
    - Descriptive statistics
      - Prevalence of reported late night eating
    - Logistic regression
      - AORs of sleep apnoea (independent) for night-eating, dinner time.

Conclusions

- Doctor-diagnosed sleep apnoea was reported by 1.0% of Chinese adolescents in Hong Kong.
- Doctor-diagnosed sleep apnoea was associated with night eating and late dinner time.
- Our results provide preliminary evidence against eating meals late at night in relation to sleep apnoea.

Results

The prevalence of sleep apnoea was 1.0% overall, 1.3% in boys and 0.7% in girls (P<0.001).

Increased Adjusted Odds Ratios of Sleep Apnoea

AORs of sleep apnoea (dependent variable) for night-eating and dinner time, adjusting for each other, age, sex, perceived family affluence and usual bedtime on weekdays and weekends.

Funding & Contact

University Research Committee, Strategic Research Theme on Public Health, University of Hong Kong.

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