

Doctor-diagnosed sleep apnoea in Hong Kong adolescents: prevalence and associations with night-eating and dinner time



Dai SY, Ho SY, Mok HY, Yung D, Lo WS, Lam TH

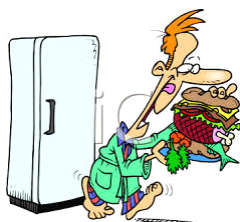
School of Public Health, University of Hong Kong, Hong Kong

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**
- ❖ **Data resources**
 - Cross-sectional anonymous questionnaire in 2006/07
 - **Subjects** 33692 Chinese students (44.9% boys; mean age 14.8, SD 1.9 years) from 42 randomly selected secondary schools
- ❖ **Measurements**
- **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.
Usual dinner time
3 categories: early (6-7PM) (reference), normal (7:30-9:30PM), late (10PM)
- ❖ **Data analysis**
- ❖ **Descriptive statistics**
 - Doctor-diagnosed prevalence of sleep apnoea
 - 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, 1.2% in boys and 0.7% in girls ($P < 0.001$).

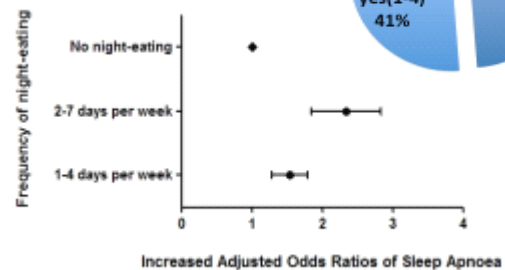
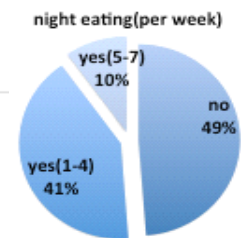
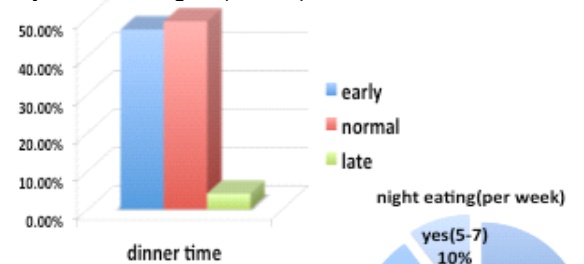


Figure 1. sleep apnoea associated with night eating

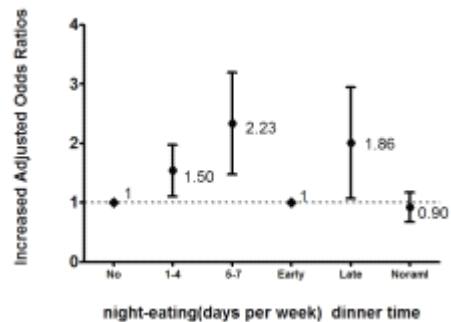


Figure 2. sleep apnoea associated with dinner time

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.

For additional information, please contact:

Dai Siyu (daisiyu@hku.hk)

