

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



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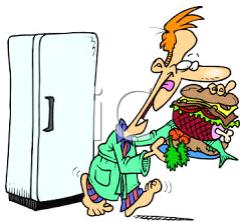
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Background

- 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 association with night-eating and dinner time.

Methods

Study design

Data resources

- Cross-sectional anonymous questionnaire in 2006/07
- Subject: 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 ($P<0.001$).

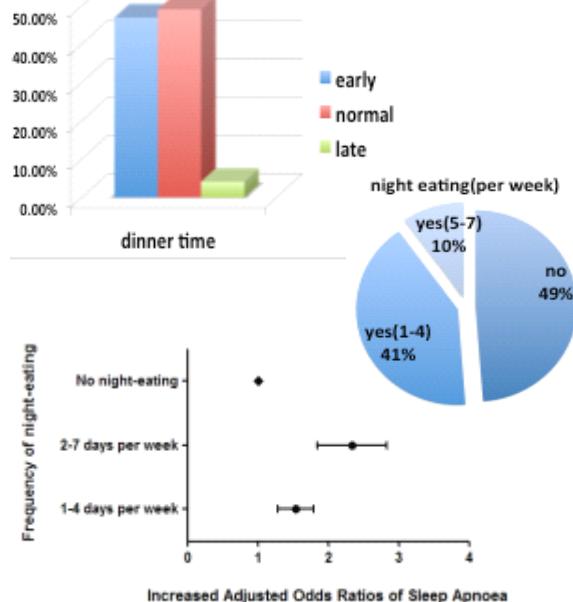


Figure 1. sleep apnea associated with night eating

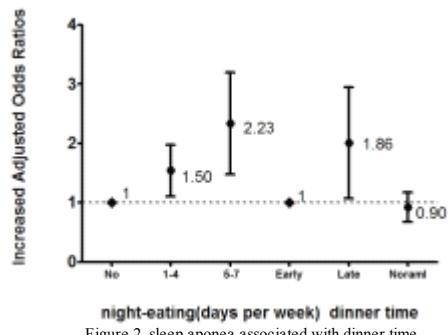


Figure 2. sleep apnea associated with dinner time

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

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