

職業治療

職業治療是一以病人為本的專職醫療，透過設計及運用治療性活動，改善傷患者的生理、心理、認知及社交機能，並改善日常自理、工作及閒餘活動的能力，從而提昇生活素質，在社區過著豐盛及有意義的生活。〈職業治療國際聯盟2012〉

Occupational Therapy

Occupational therapy is a client-centred health profession concerned with promoting health and well-being through occupation. Occupations are the everyday activities that people do as individuals, in families and with communities to occupy time and bring meaning and purpose to life. (WFOT 2012)

服務目標

職業治療師透過專業評估、訓練、教育，以及利用指定設計之治療媒介及環境改造，恢復及提昇受助者於日常生活、工作及參與活動之獨立能力。

Ultimate Goal of Service

Through the utilization of problem-focused assessments, training, education and special-designed therapeutic devices and modalities, as well as environmental adaptations, Occupational therapists aim at restoring clients' maximum independence in their self-care, work and leisure activities engagement.

職業治療範疇

心理：提供心理輔導及認知行為治療，改善各項影響睡眠的情緒因素。

環境：提供評估及建議改善睡眠環境的方法、用具與。

生活模式：提供及設計平衡生活的模式，改變睡前的行為及睡眠規律，配合各種不同活動改善睡眠質量。



Service Scope

Psychological： We provide sleep counseling and CBT for insomnia, improve emotional and psychological factor contributing to sleep quality.

Environment： We assess environmental factors and suggest environmental changes or different aids to facilitate sleep improvement.

Behavioral： We suggest and design life style changes, modify pre-sleep behavior and sleep routine for improvement of sleep quality.

職業治療 Occupational Therapy



優質睡眠計劃 Sleep Wellness Program



失眠定義

- 入睡困難：在床上超過30分鐘未能入睡
- 無法熟睡：睡眠中「醒」來超出30分鐘
- 過早醒來：比慣常早超過1小時醒過來
 - 睡醒後，仍然好像沒睡過一樣
 - 日間生活受到明顯影響

失眠定義為在充分休息條件下，發生以上一種●及○的情況，並一星期內出現三次或以上，情況持續三個月以上可以稱為失眠。

Insomnia Criteria

- Difficulty initiating sleep, or
- Difficulty maintaining sleep, or
- Early-morning awakening
 - Daytime sleepiness / Fatigue / Malaise
 - Impaired social, family, occupational or academic performance

Insomnia requires both a complaint of ● and ○ criteria. The sleep disturbance must occur on average at least three times per week for at least 3 months.

* 參考自美國睡眠醫學科學院『ICSD-3』
Reference from American Academy of Sleep Medicine [ICSD-3]



睡眠不足8小時？！
Sleep less than
8 hours a night? !

不用擔心，睡眠時間因人而異，睡眠質素其實比睡眠時數更重要。

Don't worry! Sleep quality is more important than sleep hour. Sleep hour may be different in different person.

失眠成因

生理因素

- 身體疾病如痛症、心臟及呼吸系統疾病等。

心理因素

- 因生活、家庭、工作或學習上引起情緒的問題。

環境因素

- 噪音、強光、太熱太冷、寢具不當、或受到同床者的影響。

生活模式

- 睡眠規律不穩，經常變動睡眠習慣、食物敏感或改變生活步伐。



Reasons of Insomnia

Physiological Factor

- Physical illness e.g. chronic pain, heart disease or respiratory disease...etc.

Psychological Factor

- Hyperarousal due to excessive rumination of finance, family, work, study or personal issue.

Environmental Factor

- Sleep interference and disruption related to external environmental stimuli, such as noise, light and temperature.

Behavioral Factor

- Irregular sleep pattern, fluctuate sleep habit, allergy to food or change in live pace.

優質睡眠計劃

Sleep Wellness Program

需時約六星期 (約每星期一節)
(視乎進度再作調整)

首兩節	睡眠評估
第三節	放鬆技巧練習
第四節	認知行為計劃 (一)
第五節	認知行為計劃 (二)
第六節	其他改善計劃

Approximately 6 weeks (Once per week)
(May adjust depends on individual progress)

1 st - 2 nd session	Sleep Assessment
3 rd session	Relaxation Practice
4 th session	CBT-I
5 th session	CBT-II
6 th session	Introduction of other modalities

九項非藥物改善睡眠方法：
9 Non-medication approaches
for better sleep:

1. 優化睡眠環境 (Environmental re-design)
2. 調整生活節奏 (Live pace adjustment)
3. 調整睡前行為 (Pre-sleep behavior change)
4. 睡眠規律重整 (Reshape sleep habit)
5. 認知行為計劃 (Cognitive Behavior Therapy)
6. 鞏固睡眠知識 (Sleep knowledge)
7. 活用放鬆技巧 (Relaxation practice)
8. 腦波調整方法 (Neuro feedback training)
9. 調節情緒因素 (Emotional adjustment)