

專家有計 I AM PROFESSIONAL

安眠藥不是萬能的

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都市人生活節奏急促，長期忙於應付各種壓力；作為香港人，身處全球10大人口稠密的城市，更要面對狹窄的生活環境，不難想像為甚麼越來越多人會出現失眠問題。另外，遺傳因素、成長背景、個人性格或身體疾病如情緒病、鼻敏感、哮喘、睡眠窒息症、濕疹等亦會影響睡眠質素。



筆者在社區藥房任職藥劑師期間，經常有顧客要求購買非處方藥物幫助睡眠。使用非處方藥物治療失眠的好處是成效既快又明顯，缺點卻是容易產生耐藥性，醒後有機會仍然覺得疲倦，甚至需要承受藥物的副作用，如：口乾、視力模糊和小便困難等¹。因此，筆者經常提醒顧客，非處方藥物只適用於偶發性失眠，如長期失眠，必須諮詢醫生意見，找出成因，才能真正解決問題。

參考資料：(1) 認識安眠藥物資訊單張 葵涌醫院 醫院管理局, (2) Megumi Hatori., et al. Global rise of potential health hazards caused by blue light-induced circadian disruption in modern aging societies. NPJ Aging Mech Dis. 2017; 3:9. doi: 10.1038/s41514-017-0010-2

越「想」越失眠

失眠人士的常見思想誤區，亦可能令失眠情況持續甚至惡化。有些人對睡眠不足有非常負面的看法，認為會影響健康及工作表現，因此盡力避免失眠，甚至很「努力」強迫自己入睡；但正正是這種想法，形成焦慮情緒，導致失眠。失眠人士可以嘗試在這個問題上放輕鬆，接受自己是容易失眠的體質，告訴自己偶然失眠問題不大，改變負面想法；與其告訴自己「糟了」，倒不如以正面態度，告訴自己「今晚失眠，明晚可以再睡」，令自己心境平靜下來，說不定之後就能自然入睡了。

失眠，是生活模式出錯了？

失眠人士應檢討自己的整個生活，是否睡眠環境太嘈吵、太光亮？工作壓力太大？人際關係緊張？作息不定時？長時間使用電子產品？（研究已證實電子產品的藍光會影響人體生理時鐘，造成睡眠問題²）。如果跟生活有關而導致失眠的因素繼續存在，即使服用藥物，改善失眠的效果始終有限，反而有機會產生服用藥物時間越長，耐藥性越大的情況，到時就有可能需要提高劑量，或使用藥力更強的藥物，得不償失。

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Sleeping pills are not a panacea

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Urban inhabitants have a fast pace of life and have long been busy coping with all kinds of pressures. As Hong Kong residents live in the top 10 most densely populated cities in the world, living in cramped living spaces, it is not difficult to imagine why more and more people have insomnia. Also, genetic factors, upbringing, personality or physical illness such as mood disorders, nasal allergy, asthma, sleep apnea, eczema, etc., will affect the quality of sleep.



When I worked as a pharmacist at a community pharmacy, customers regularly requested to buy over-the-counter (OTC) medication to help sleep. The benefits of using OTC medication to treat insomnia are fast and effective. However, the disadvantages are that customers are prone to develop drug resistance as well as possibly waking up still feeling tired. They also need to bear side effects such as dry mouth, blurred vision and difficulty urinating etc¹. Therefore, I often remind customers that OTC drugs are only applicable to short-term insomnia. As for chronic insomnia, we must consult a doctor to find out the cause in order to solve the problem effectively.

Reference: (1) 認識安眠藥物資訊單張 葵涌醫院 醫院管理局, (2) Megumi Hatori., et al. Global rise of potential health hazards caused by blue light-induced circadian disruption in modern aging societies. NPJ Aging Mech Dis. 2017; 3 :9. doi: 10.1038/s41514-017-0010-2

Think more and lose more sleep

A common misunderstanding of people with insomnia may also make their sleeplessness persist or even deteriorate. Some people have incredibly negative perceptions of sleep deprivation, thinking that it will affect their health and work performance. So they endeavour to avoid insomnia, even going as far as forcing themselves to fall asleep. Ironically, this kind of belief only causes anxiety and leads to greater difficulty in falling asleep. People with insomnia can try to ease off on this issue, accept that they are prone to it, and tell themselves that intermittent insomnia is not a big problem. It is best to change your negative thoughts. Instead of telling yourself that it is "bad", apply a positive attitude and tell yourself that "I may have insomnia tonight, but I will be able to sleep fine tomorrow." So that you can calm your mind and you may even fall asleep naturally.

Insomnia - Will it be a lifestyle problem?

People with insomnia should evaluate their daily lives. Is their sleeping environment too noisy or too bright? Too much pressure at work? Relationship stress? Irregular schedule? Long-term use of electronics? (Studies have shown that blue light from electronic products affects the body's biological clock and cause sleep problems²). If factors associated with daily-life cause insomnia and continue to persist, even with consumption of sleep medication, the effect of improving insomnia is limited. On the contrary, there is a chance that long-term drug use increases resistance. In the end, higher doses or stronger medication may be required, which may do more harm than good.