

Snoring & sleep apnea in children



Ten percent of children may be affected by sleep apnea and snoring.

Most children with sleep apnea do not snore or stop breathing. However, snoring in a child is a concerning sign, and every child that snores should be evaluated for

Studies have suggested that as many as 25% of children diagnosed with attention-deficit hyperactivity disorder may actually have sleep apnea and that much of their learning difficulty and behavior problems can be the consequence of poor sleep.

Other signs associated with sleep apnea in children include: irritability, daytime fatigue, bed wetting, sweating during sleep, restless sleep, sleep walking, impaired physical growth, poor school performance and lack of concentration.

Locations

Six Suburban Philadelphia Locations

East Norriton

Berger/Henry ENT Center
(610) 279-7878

Roxborough

Jamestown Medical Building
(215) 482-3100

Chestnut Hill

Chestnut Hill Medical Building
(215) 248-2400

Willow Grove

Regency Towers
(215) 830-8620

Lansdale

Montella Crossing
(215) 362-6700

Phoenixville (Oaks)

The Oaks Medical Center
(484) 684-6800

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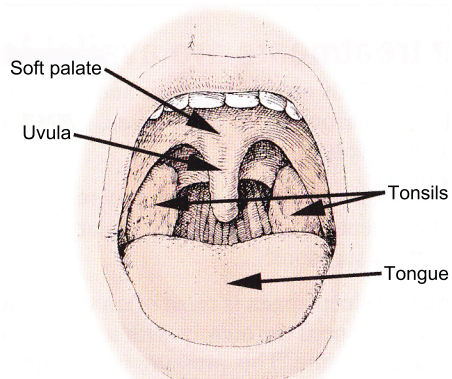
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(610) 279-7878

60 West Germantown Pike
East Norriton, PA 19401

PASnoringandSleep.com

What is snoring?

Snoring occurs when air flows past relaxed tissues in your throat, causing the tissues to vibrate while you sleep, which produces those annoying sounds. It is estimated that nearly 50% of adults snore. Men are twice as likely as women to snore; however that gap closes after menopause. While snoring may be a nuisance to your partner, it may be a sign of a more serious health problem.



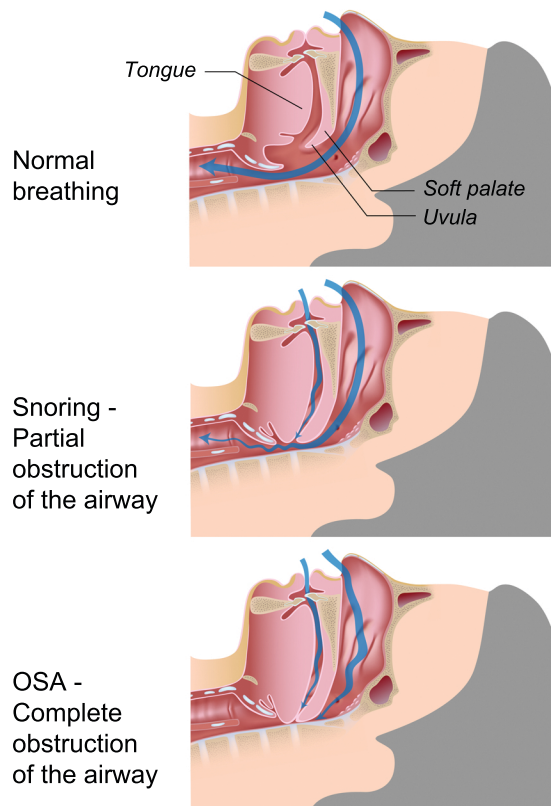
Is snoring a sign of sleep apnea?

Snoring may be intermittent and mild with no health consequences. However, snoring can also be a warning sign of sleep apnea. More than 75% of patients who snore on a regular basis have sleep apnea. The health risks of sleep apnea are well documented. However, research indicates that snoring may pose health risks, as well. Excessive daytime sleepiness is the most common complaint of snorers.

Snoring indicates, at the very least, that the airway is partially obstructing during sleep. This obstruction most commonly occurs at the palate (roof of mouth, tonsils, uvula), but can also occur in the nose and tongue. Snoring can be provoked by weight gain, head colds, allergies and sinus problems. After addressing these problems, simple snoring should be improved. If not, this may be an indication of a more serious issue.

What is sleep apnea?

Obstructive sleep apnea (OSA) is loud snoring interrupted by periods of obstructed breathing. It's a chronic, progressive and potentially life-threatening disorder. Nearly 25% of men and 10% of women suffer from OSA and the vast majority remain undiagnosed and are not receiving treatment.



What causes sleep apnea?

OSA is caused by a narrowing or complete obstruction of the airway during sleep. The airway is composed of muscles. During sleep these muscles relax which can result in a blockage of the airway. Obstruction can occur in the nose, mouth, and throat, and can cause interrupted breathing patterns and a lack of oxygen flow to the vital organs of the body (i.e., heart, brain).

Effects of snoring and sleep apnea



Snoring and sleep apnea can cause a loss of intimacy in your personal relationship, daytime fatigue, diminishing performance at work, or a potentially dangerous heart or lung problem.

We carefully examine your airway to determine if the obstruction is caused by nasal allergy, infection, deformity, or tonsils and adenoids. We then offer you medical, dental and surgical treatment options.

Build a partnership: shared decision making

We custom-tailor treatment plans to each specific patient. We do not have a "one size fits all" approach. We involve you and your families in the decisions about your health care which includes a discussion of various treatment options and a plan of care. Ask questions. The more you understand your health and your options, the better prepared you will be to partner with your doctor in the decision making process.

We look forward to building a rewarding relationship with you so that you can **enjoy a better night's sleep, better health and a fantastic quality of life.**