

PEDIATRIC SLEEP APNEA



Pediatric sleep apnea is a common sleeping disorder that involves a narrowing of the upper airway during sleep, causing patients to experience short periods of disrupted breathing that can interfere with sleep.

Pediatric obstructive sleep apnea (POSA) is a condition that causes the airway to become blocked during sleep. This may be due to enlargement of the tonsils and adenoids.

DIAGNOSIS

Sleep apnea may develop as a result of:

- ▶ Enlarged adenoids or tonsils
- ▶ Obesity
- ▶ Muscle weakness

SYMPTOMS

- ▶ Snoring
- ▶ Mouth breathing
- ▶ Restless sleep
- ▶ Pauses in breathing
- ▶ Persistent coughing
- ▶ Bed-wetting
- ▶ Difficulty concentrating when awake
- ▶ Mood changes
- ▶ Irritability
- ▶ Snorting or choking

EXAMS TO DIAGNOSE SLEEP APNEA MAY BE

▶ **Polysomnogram (overnight-sleep-study):**

- ▶ Sensors are placed on the child's neck and chest to record breathing patterns, snoring, oxygen levels, heart rate, and muscle activity.

▶ **Oximetry:**

- ▶ Oximetry is a test used to measure the oxygen level of the blood. Your physician may allow you to do a home version of the sleep study. This would require you to record your oxygen levels in your home. A normal level of oxygen is usually **95%**.

▶ **Electrocardiogram**

TREATMENT

▶ **Surgery:**

- ▶ Removal of the tonsils and adenoids, which is done through a safe, minimally invasive procedure. Weight loss and treatment of other underlying conditions can also help improve the symptoms of sleep apnea.

▶ **Breathing Machine:**

- ▶ The breathing machine will blow air into the airways.