



**Head and Neck**  
S U R G E R Y  
A S S O C I A T E S , P S C

*Pediatric and Adult Diseases of  
the Ear, Nose and Throat*

*Allergy*

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## Could My Child Have Sleep Apnea?

"Caleb was two when we first noticed his loud snoring," said Scott, Caleb's father. "We were alarmed but didn't really start to worry until we began hearing him gasp for air between the snores. That made my wife and me very uneasy.

Nine year old Matthew was significantly overweight. "We tried to exercise with him every day, but just walking to the park made him so tired that he could hardly stand let alone play once he got there," said Claire, Matthew's mother. "He struggled just putting on his shoes in the morning." Matthew told his doctor that he felt like he could never get enough sleep. "He snores louder than my grandfather," Claire added.

Both Caleb and Matthew were given sleep studies, and they were diagnosed with obstructive sleep apnea (OSA). A surgeon removed Caleb's tonsils, and Matthew was given a continuous positive airway pressure (CPAP) device with a child-sized mask.

**If your child is exhibiting symptoms of sleep apnea, talk to your physician.**

Undiagnosed and untreated sleep apnea may contribute to daytime fatigue and behavioral problems at school. According to recent studies, children who snored loudly were twice as likely to have learning problems. Following a night of poor sleep, children are more likely to be hyperactive and have difficulty paying attention. These are also signs of attention deficit/hyperactivity disorder (ADHD). Apnea may also be associated with delayed growth and cardiovascular problems.

### Sleep Apnea Symptoms in Children

During the night, a child with sleep apnea may:

- Snore loudly and on a regular basis
- Have pauses, gasps, and snorts and actually stop breathing. The snorts or gasps may awaken them and disrupt their sleep.
- Be restless or sleep in abnormal positions with their head in unusual positions
- Sweat heavily during sleep

**Source: [sleepfoundation.org](http://sleepfoundation.org)**

[www.headandnecksurgeryassociates.com](http://www.headandnecksurgeryassociates.com)

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