

DENTAL SLEEP MEDICINE NEWSLETTER

PATIENT AWARENESS FOR A BETTER QUALITY OF LIFE



SLEEP APNEA & SCHOOL PERFORMANCE

Bonus: Back to School Checklist & No Bake Cheerio Bars Recipe

SCHOOL PERFORMANCE & HOW SLEEP APNEA CAN AFFECT YOUR KIDS

Sleep can be challenging for kids. When kids aren't getting enough sleep at night, their brains and bodies do not have the rest needed to get them through the following day. For children with sleep disorders, going back to school this year may be a real challenge.

Obstructive Sleep Apnea (OSA) may interfere with getting a good night's sleep, which may, in turn, contribute to children having a hard time paying attention, being less motivated to learn, and perform academically during the day.

OSA is caused by an obstruction of the airway (such as enlarged tonsils and adenoids).

This is most likely to happen during sleep because that's when the soft tissue at the back of the throat is most relaxed. As many as 1% to 3% of otherwise healthy preschool-age kids have obstructive apnea. Enlarged tonsils and adenoids are the most common causes of sleep apnea in children.

In general, sleep deprivation is a problem among children in America. According to NSF's Sleep in America poll, more than two-thirds of children experience one or more sleep problems at least a few nights a week. For children with ADHD, poor sleep (too little sleep or symptoms of sleep disorders) may profoundly impact ADHD symptoms. In fact, one study found that treating sleep problems may be enough to eliminate attention and hyperactivity issues for some children.

If you suspect that your child has sleep apnea, contact us today.

Ask us how you can receive a sleep wellness consultation!



No-Bake Cheerio Snack Bars

Back-to-School Checklist

Communication with the School

- ___ Attend any open houses or orientations to meet the teacher
- ___ Fill out emergency contact sheet and any other required forms
- ___ Make sure your child is up-to-date on immunizations and check-ups
- ___ Notify school of any allergies or health problems your child has
- ___ Review school dress code
- ___ Review school holiday schedule
- ___ Register for any after-school sports and activities

Back-to-School Shopping

- ___ Check school website for list of required materials
- ___ Buy school supplies
- ___ Buy backpack
- ___ Buy lunch box
- ___ Buy uniforms, gym clothes, and other required clothing
- ___ Buy basic wardrobe necessities, including shoes
- ___ Buy needed equipment or supplies for sports and activities

Transportation

- ___ Review bus route and areas of drop off and pick up (if applicable)
- ___ Arrange carpool schedule (if applicable)
- ___ Walk route to school with your child (if applicable)
- ___ Arrange back-up transportation in case of emergencies

Meal-Planning

- ___ Plan and shop for bag lunches and snacks (if applicable)
- ___ Arrange payment for school lunches (if applicable)
- ___ Plan and shop for weeknight dinners

Miscellaneous

- ___ Take your child for a back-to-school haircut
- ___ Arrange after-school care (if applicable)
- ___ Get back into earlier bedtime/morning routines
- ___ Enjoy the final days of summer!



INGREDIENTS

- 1/4 cup creamy unsalted plant butter (half of one stick)
- 1/4 cup light-colored corn syrup
- 1/4 cup light brown sugar, packed
- 1 tablespoon vanilla extract
- 3 cups
- 3 cups of Multi Grain Cheerios
- 1 cup raisins, optional (1 cup roasted peanuts, 1 cup chopped almonds, or 1 cup trail mix may be substituted)
- 1/2 cup dark chocolate chips
- pinch sea salt or Kosher salt for sprinkling, optional

INSTRUCTIONS

1. Line an 8-inch square pan with aluminum foil leaving overhang, spray with cooking spray; set aside.
2. In a large microwave-safe bowl, combine plant butter, light corn syrup, brown sugar, and heat on high power for 1 minute to melt.
3. Stop to stir. Mixture will be on the granular side, this is okay.
4. Return bowl to microwave and heat for 1 more minute on high power. Stop to stir. On this third and final burst, mixture will become quite bubbly and foamy; use caution when removing from micro because this is boiling hot caramel and can cause burns.
5. Stir in the vanilla using caution because mixture could bubble up.
6. Stir in the cereal.
7. Stir in the optional raisins (or nuts) and chocolate chips.
8. Turn mixture out into prepared pan, packing it down firmly with a spatula and smoothing the top.
9. Cover pan with a sheet of foil (to prevent fridge smells), and place pan in fridge to set up for at least 2 to 3 hours, or overnight, or until bars are completely set before lifting out with foil overhang, slicing, and serving.

BACK TO SCHOOL SHOPPING



**BACK TO SCHOOL SHOPPING
EVERYWHERE**