



DENTAL SLEEP MEDICINE NEWSLETTER

PATIENT AWARENESS FOR A BETTER QUALITY OF LIFE



UNDERSTANDING THE IMPACT OF SLEEP APNEA ON CHILDREN

Exploring the Impact of Pediatric Sleep Apnea

Sleep apnea, often thought of as a condition affecting adults, also poses significant risks to children's health and well-being.

Children with untreated sleep apnea may experience daytime sleepiness, poor concentration, and behavioral issues, which can interfere with their academic performance and social interactions.

Additionally, sleep apnea has been linked to deficits in attention, memory, and executive functioning in children.

Chronic sleep disturbances may contribute to growth delays, cardiovascular problems, and metabolic disorders such as obesity and insulin resistance.

Identifying sleep apnea in children can be challenging, as the symptoms may differ from those seen in adults.

While snoring is a common symptom, children with sleep apnea may also exhibit other signs such as restless sleep, frequent awakenings, bedwetting, and daytime mouth breathing.

It is essential for parents and caregivers to be vigilant and consult a healthcare professional if they suspect their child may have sleep apnea.

Early recognition and intervention are crucial for preventing long-term complications and improving outcomes for children with sleep apnea.

**ASK US HOW YOU CAN RECEIVE A
SLEEP WELLNESS CONSULTATION!**

SLEEP HYGIENE TIPS FOR KIDS



01

Arranging a balanced schedule with interspersed periods of rest and play

02

Keeping a regular bedtime

03

Making the bedroom, and especially the mattress, a no-screen zone, even during the day

04

Providing a healthy diet

05

Setting the thermostat to a slightly cooler temperature

06

Using dark curtains to block out light, or a nightlight if they're scared of the dark

07

Keeping the bedroom quiet, or using a white noise machine to mask outside sounds

