

HOME | OSA | INQUIRY

Sleep Therapeutics



Wake up to a great day.



HOME

About Sleep Apnea

Testing and Diagnosis

Treatment

Children & Teens

Testimonials

CPAP Accessories

CPAP Tips

Contact Us

Resources

Blog

Newsletter

Research

Inquiry

Sleep Wellness

Sleep Apnea With Children and Teens

Even brief apneas can cause a child to have low levels of oxygen in the blood. Because children have smaller lungs, they have less oxygen in reserve. Children tend to take frequent, shallow breaths rather than slow, deep breaths.

This also can cause a child with OSA to have too much carbon dioxide in the blood. Older children and teens are more likely than younger children to have daytime sleepiness. Most children with OSA have a history of snoring. It tends to be loud and may include obvious pauses in breathing and gasps for breath.



Children with OSA may sleep in unusual positions. They may sleep sitting up or with the neck overextended. They also may snore during sleep and may have headaches in the morning. Bed wetting or sleep terrors also may occur. It is common for children suffering from OSA to breathe through the mouth during the day.

In early childhood OSA can slow a child's growth rate. Untreated OSA also can lead to high blood pressure, body movements and arousals from sleep, sweating during sleep, sleeping with the neck overextended, excessive daytime sleepiness, hyperactivity or aggressive behavior and a slow rate of growth. OSA has also been connected to morning headaches.

Bed wetting is a serious disorder that needs to be treated by a sleep specialist. Surgery involves the removal of the adenoids and tonsils. It reduces obstructions and increases the size of the upper airway. As a result the child is able to breathe normally. CPAP may be used if surgery is not an option or if OSA persists after surgery.



Some children may benefit from wearing an oral appliance during sleep. Overweight or obese children will benefit from weight loss, which can reduce the frequency and severity of OSA. Weight loss is usually combined with another treatment option.

During the day, a child with sleep apnea may display behavioral, school and social problems, could be difficult to wake up, and possibly have headaches during the day, particularly in the morning. Children may be irritable, agitated, aggressive, and cranky - and



Wake up to a great day!!

do you have a facebook?

be so sleepy during the day that they actually suffer falls.

Following treatment for OSA, children tend to show gains in both height and weight.

[HOME](#) | [Obstructive Sleep Apnea](#) | [Testing and Diagnosis](#) | [Treatment](#) | [Children & Teens](#) | [Testimonials](#) | [CPAP Accessories](#)

[CPAP Tips](#) | [About Us](#) | [Contact Us](#) | [Resources](#) | [Multimedia](#) | [Blog](#) | [Seminars](#) | [Newsletter](#) | [Research](#) | [Inquiry](#) | [Sleep Wellness](#)

Locations

[Edmonton AB](#) | [Toronto Midtown ON](#) | [Thornhill ON](#) | [Durham ON](#) | [NS HRM Locations: Lower Sackville](#) | [Dartmouth](#)

[Truro, NS](#) | [Bridgewater, NS](#)

[Comments?](#)

© Sleep Therapeutics 2010