

# Children & Sleep Apnea (OSA)

## Sleep Apnea in Children

Sleep apneas occur in approximately 5% of children. Although obesity is an important risk factor in children as in adults, symptoms of sleep-disordered breathing will often occur in non obese children as well. Studies suggest prevalence is as high as 10 to 20% in a child who snores habitually. Daytime sleepiness is reported in 25 to 30% of children.

Children may be present with hyperactivity, inattentiveness, aggressive behavior, irritability and mood swings when they are sleep deprived. OSA in children is a serious disorder that may result in further health problems as well as behavioral & learning problems at home & school. If you suspect your child has a sleep apnea or a snoring & sleep disorder please contact Dr. Lalinde at Monterey Dental Sleep Medicine.

To learn more about snoring & sleep apnea in children read the NY Times article recently published



Does Your Child Have a Sleep Disorder?



