

Obstructive Sleep Apnea

Information for Parents of Children with OSA

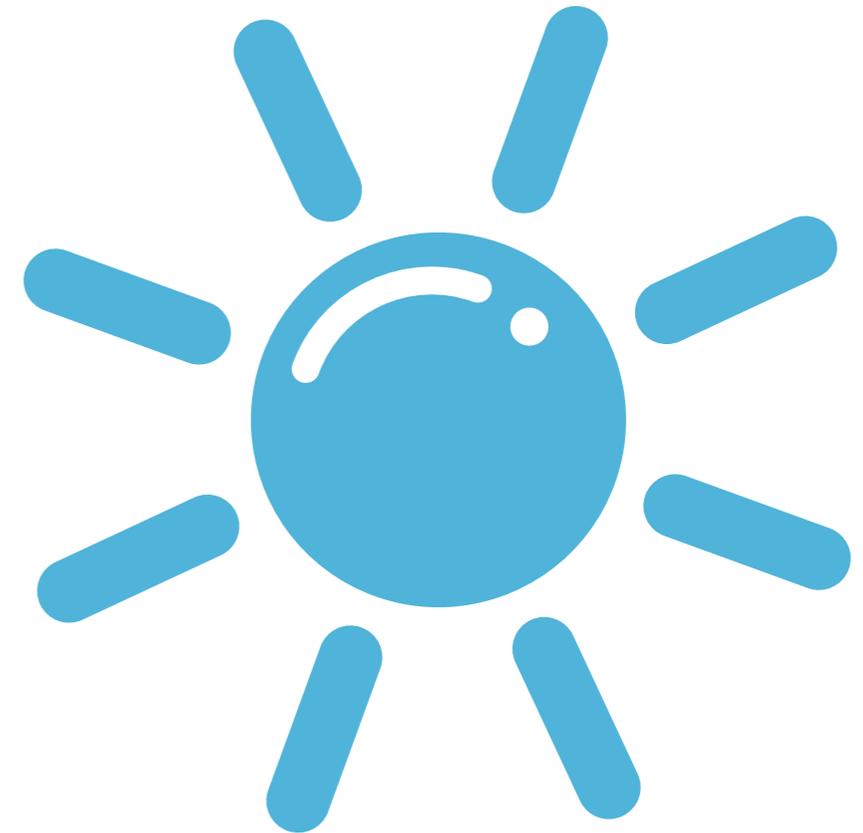
What is Obstructive Sleep Apnea?

Pediatric Obstructive Sleep Apnea (OSA) is a sleep disorder in which a child's airways become temporarily partially or completely blocked while they are sleeping.



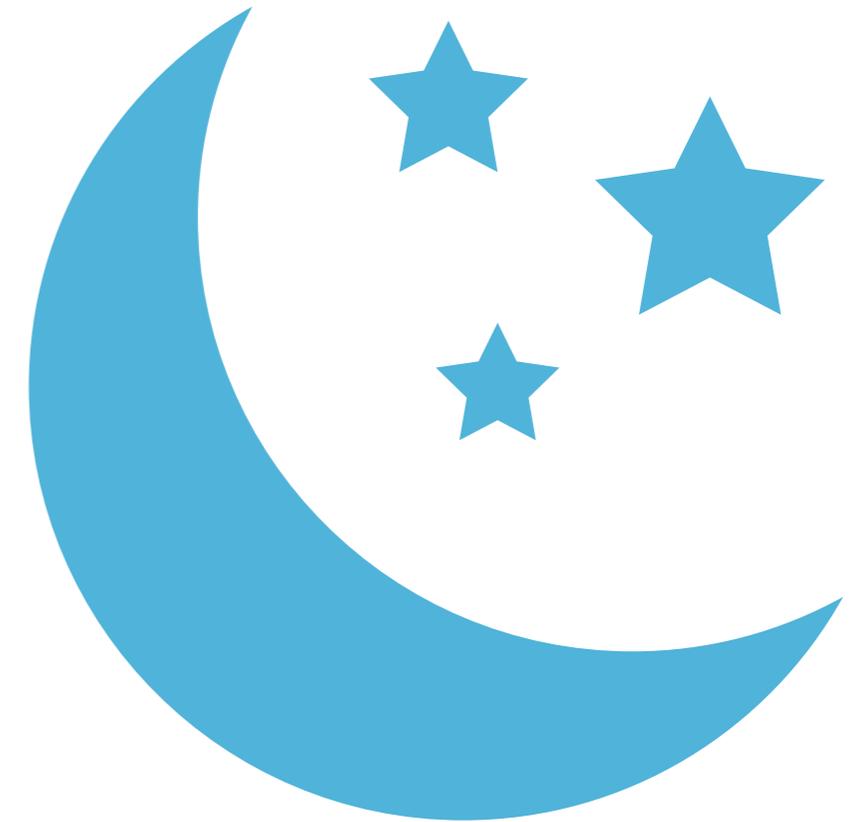
Daytime Signs and Symptoms

- **Difficulty concentrating**
- **Nasal congestion**
- **Hyperactivity**
- **Mouth breathing**
- **Daytime tiredness**



Nighttime Signs and Symptoms

- **Snoring**
- **Nasal congestion**
- **Restless sleep**
- **Heavy breathing**
- **Pauses in breathing**
- **Excessive sweating**



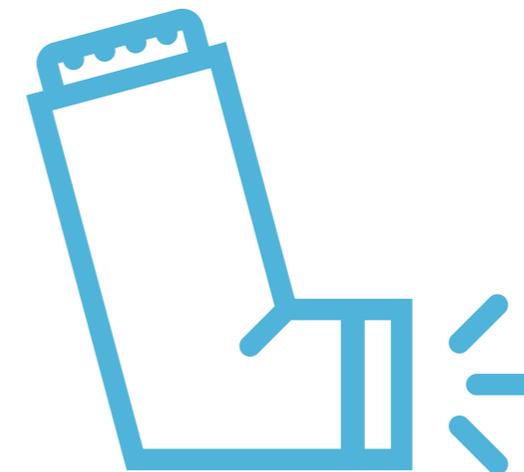
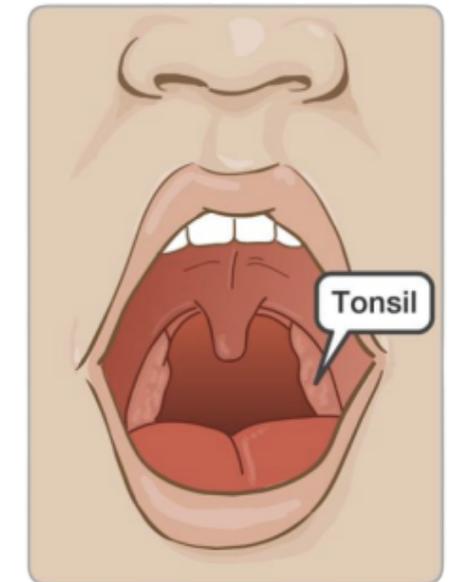
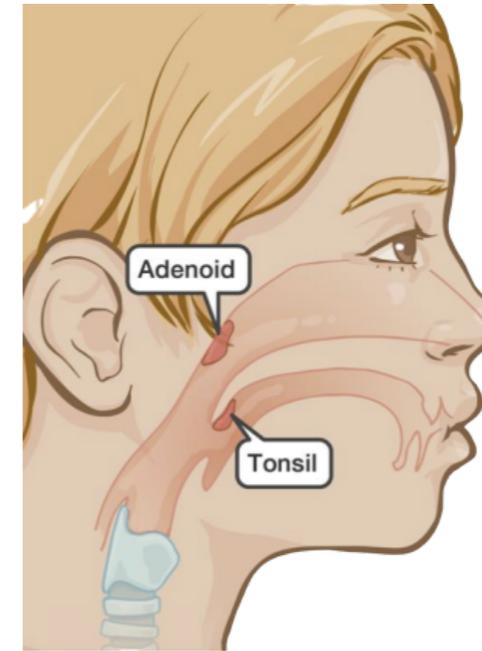
Common Risk Factors

- Enlarged tonsils or adenoids

- Congestion

- If your child is overweight or obese

- Asthma



Diagnosis

An overnight sleep study may be performed to confirm a diagnosis of Sleep Apnea

Sensors are used to measure different body parameters, such as

- **Brain activity**
- **Breathing rate and breathing patterns**
- **Heart rate**
- **Oxygen and carbon dioxide levels**



Treatment

1. Surgery to remove the tonsils and adenoids is often the treatment of choice and curative



2. Children may be prescribed to use a positive airway pressure assistive breathing device during sleep

Other treatments can be discussed with your doctor at the time of diagnosis.

Complications

If left untreated, sleep apnea can lead to other complications

- **Behavioural problems such as hyperactivity**
- **Difficulty focusing**
- **Disruptive behaviour**
- **Irritability**
- **Daytime Sleepiness**

Early diagnosis and treatment is crucial to improve outcomes!