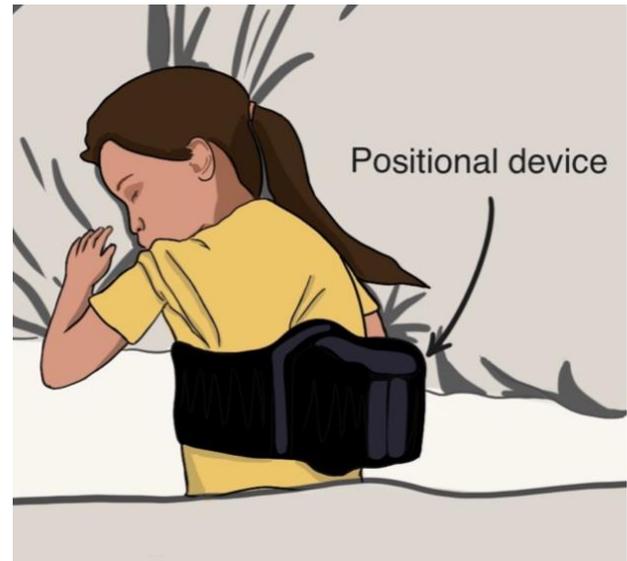




Body Positional Device Therapy for Treatment of Obstructive Sleep Apnea in Children

Some children only have obstructive sleep apnea (OSA) when they lie on their back and can be treated with body positional devices. OSA is a breathing problem during sleep caused by collapse of the airway. The temporary blockage causes a fall in oxygen levels and poor sleep quality. A body positional device is a belt that encourages your child to sleep in positions that are known to improve breathing such as the side position or sleeping on their belly.



What is obstructive sleep apnea?

OSA is a common issue that happens in 1 to 5% of children. It affects your child's breathing during sleep. It is caused by a temporary blockage of the airway that leads to disrupted sleep and a fall in oxygen levels. Symptoms of OSA include snoring, gasping, or pauses in breathing during sleep. This can result in difficulties during the day such as fatigue, hyperactivity, and difficulties in learning and memory.

Up to half of children with OSA may only have airway collapse when they lie on their back. This is called positional OSA and these children may benefit from sleeping in different positions to treat their OSA.

How is obstructive sleep apnea treated?

The treatment for OSA may include a surgery to remove your child's tonsils and adenoids or medications like nasal sprays. If these treatments do not improve your child's OSA, there are several other treatment options such as continuous positive airway pressure (CPAP), advanced airway surgery, mouth devices, heated high flow air nasal cannula, and body positional devices.

Please see the positive airway pressure information sheet for more information on CPAP.

What is a body positional device?

Body positional devices are worn around the chest and have built-in cushions located on the back that make it hard for your child to sleep on their back. They often have shoulder straps that keep the belt in place. The cushions may be inflatable or have a foam tube insert.



How does a body positional device work?

Body positional devices work best for children who have positional OSA because it prevents your child from sleeping on their back. Instead, your child will sleep in positions that are known to improve breathing such as the side position or sleeping on their belly.

Body positional devices are effective for adults and are currently being studied in children as well. This treatment could be an affordable, comfortable, and easy to use alternative therapy for treating OSA in children.

What happens if a body positional device is recommended for my child?

Your child may be recommended a positional device after they have a sleep study showing their OSA is worst when they lie on their back. Before getting set up with a positional device, your child may be recommended to try sleeping with a backpack to help them get used to wearing a device at night.

Once your child is ready to try a body positional device, they will have their chest measured to decide their positional device size. You will then purchase a body positional device from a local home care company. Your child will have a repeat sleep study wearing the body positional device to see if there is improved breathing during sleep. Your child's health care provider will give you the results of the sleep study and provide further recommendations about the use of body positional device therapy at home.

Does my child need to use the body positional device every night?

The body positional device should be used every time your child is asleep. Like medication, it needs to be used consistently in order to work. The body positional device only treats OSA when it is worn properly.

Are body positional devices covered by insurance?

Body positional devices are not currently covered by government health insurance. It may be covered by some private insurance companies. If you have private insurance, please speak with them for more information about possible coverage. Your doctor can write a letter supporting the need for positional device therapy to help with insurance coverage.

How long will my child need to use the body positional device?

Many children will need long-term treatment for OSA. Your child will continue to be followed by a health care provider who will re-evaluate the need for a positional device.

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Please ask your health care provider for more information about treatment of obstructive sleep apnea.

Find more information about obstructive sleep apnea here:

<https://www.aboutkidshealth.ca/Article?contentid=1918&language=English>

Find more information about tonsillectomy with obstructive sleep apnea here:

<https://www.aboutkidshealth.ca/Article?contentid=1019&language=English>