

PEDIATRIC SLEEP APNEA

If your child snores, it might be sleep apnea, and sleep apnea can have serious negative effects on a child's growth and development.

Studies suggest that as many as 25% of children diagnosed with attention-deficit hyperactivity disorder may actually have symptoms of obstructive sleep apnea and that much of their learning difficulty and behavior problems can be the consequence of chronic fragmented sleep. Bed wetting, sleepwalking, hindered growth, other hormonal and metabolic problems and even failure to thrive have also been connected to sleep apnea.



Is your child at risk?

If your child (or adolescent) snores on a regular basis and has any of the complaints listed below, he/she may be at risk.

- Frequent snoring three or more days per week
- Labored breathing during sleep
- Gasps or snorting noises during sleep
- Brief stoppages of breathing (witnessed apnea)
- Bed wetting
- Daytime sleepiness
- Headaches on awakening
- Learning problems
- Diagnosed with attention-deficit hyperactivity disorder

The Pediatric Epworth Sleepiness Scale (Ages 6-16)

The Epworth Sleepiness Scale is used to determine level of daytime sleepiness. A score of 10 or more is considered sleepy; a score of 18 or more is very sleepy. If your child scores 10 or higher on this test, you should consider whether he/she is obtaining adequate sleep or needs to improve sleep hygiene or see a sleep specialist. These issues should be discussed with your personal physician, who may recommend a Sleep Study at our Center.

Use the following scale to select the most appropriate number for each situation. Circle your child's answers and add up the total score to see where he/she stands.

Chance of dozing or sleeping
None = 0 | Slight = 1 | Moderate = 2 | High = 3

Sitting and reading	0	1	2	3
Watching TV	0	1	2	3
Sitting inactive in a public place.....	0	1	2	3
Being a passenger in a motor vehicle for an hour or more	0	1	2	3
Lying down in the afternoon	0	1	2	3
Sitting and talking to someone	0	1	2	3
Sitting quietly after lunch	0	1	2	3
Playing video games	0	1	2	3

Total score: _____

We're here to help

The fully accredited MidHudson Regional Sleep Center services pediatric patients from ages 4 and up.

If you believe your child may be suffering from sleep apnea and he/she is age four or older, you may want to consider calling the center at **845.431.8214**.



**MidHudson
Regional Hospital**

Westchester Medical Center Health Network

Sleep Center

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