

Obstructive Sleep Apnea

Obstructive Sleep Apnea (OSA) is a common and treatable medical problem.

Adults and children with OSA choke in their sleep. The throat becomes blocked, or partly blocked, again and again. This means people with OSA have to wake up for short moments to breathe. This can happen many times an hour, night after night with no memory of it in the morning.

OSA may affect the brain, alertness, behavior, the heart, lungs, hormones, growth and body weight. Children with OSA may seem moody, hyperactive or tired. They may have a hard time in school or getting along with others.

Treatment

Treatment for OSA most often involves surgery to remove large tonsils. Sometimes in mild cases, watchful waiting or weight loss is advised.

Treatment can improve children's daytime sleepiness, behavior and health.

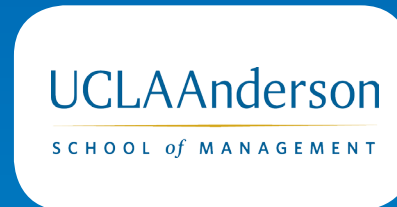
Project Partners



Albert Einstein College of Medicine



Michigan Medicine



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What is Obstructive Sleep Apnea (OSA) ?



As a parent, thank you for taking this important step for your child.

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www.SleepHealth4Kids.org

Why Be Concerned?

The survey you took could be an important first step in helping your child.



Your answers suggest a concern that your child has a risk for Obstructive Sleep Apnea (OSA).

Signs of OSA can include:

During sleep:

- Snores regularly or loudly
- Breathing stops and starts
- Heavy breathing

During the day:

- Feels unrefreshed in the morning
- Looks and seems sleepy
- Hard time paying attention
- Hyperactive and moody

Other body signs:

- Big tonsils and adenoids
- Stuffed nose
- Breathes through mouth, not nose
- Overweight

Next Steps

Visit the Doctor

To find out more about OSA, see your child's doctor and show them this pamphlet.

Explain that you would like to know if your child has OSA that needs treatment.



Referral

The doctor may refer your child to an ENT* surgeon or sleep doctor.

Sleep doctors work at sleep centers, where sleep studies are done. Sleep studies test for OSA. If recommended, you and your child will stay overnight. Your child's sleep and breathing will be recorded, to see if OSA is present.

Cost

Testing and treatment can be expensive but are often covered by medical insurance. The doctor's office can check your insurance or share other financial options.

*Ear, Nose, & Throat

Message to the Doctor

This family completed the Pediatric Sleep Questionnaire (PSQ) as a part of a study funded by the National Institute of Health (R01HD082129). The PSQ is a validated symptom inventory used in many studies to identify increased risk for pediatric obstructive sleep apnea (OSA).

We hope you will help assess the child of this family for possible OSA. Referral to a sleep physician would be an option, among others.

UpToDate topics on identification and treatment are available for use at no charge for physicians who respond to concerns raised by families in this project.

Click "Useful Links" at:

www.SleepHealth4Kids.org

for UpToDate® topics and useful information about pediatric OSA.