



Sleep Disorders

Does Your Child
Snore Louder than
this Guy?



Could My Child Have Sleep Apnea?

FirstHealth Sleep Disorders has Sleep Studies Available for Children ages 4 and older.

If your child is exhibiting symptoms of sleep apnea, talk to your pediatrician.

Undiagnosed and untreated sleep apnea may contribute to daytime fatigue and behavioral problems at school. According to a recent study in CHEST, the official journal of the American College of Chest Physicians, children who snored loudly are twice as likely to have learning problems. Following a night of poor sleep, children are more likely to be hyperactive and have difficulty paying attention. These are also signs of attention deficit/hyperactivity disorder (ADHD). Apnea may also be associated with delayed growth and cardiovascular problems.

Sleep Apnea Symptoms in Children

During the night, children with sleep apnea may:

- Snore loudly and on a regular basis
- Have pauses, gasps, and snorts and actually stop breathing. The snorts or gasps may waken them and disrupt their sleep.
- Be restless or sleep in abnormal positions with their head in unusual positions
- Sweat heavily during sleep

During the day, children with sleep apnea may:

- Have behavioral, school and social problems
- Be difficult to wake up
- Have headaches during the day, but especially in the morning
- Be irritable, agitated, aggressive, and cranky
- Be so sleepy during the day that they actually fall asleep or daydream
- Speak with a nasal voice and breathe regularly through the mouth

FirstHealth

SLEEP DISORDERS

Montgomery Memorial Hospital

520 Allen St., Troy, NC 27371 • (910) 571-5600

Moore Regional Hospital

155 Memorial Drive, Pinehurst, NC 28374 • (910) 715-3338

Moore Regional Hospital-Richmond

925 Long Drive, Rockingham, NC 28379 • (910) 417-3952

www.firsthealth.org/sleep