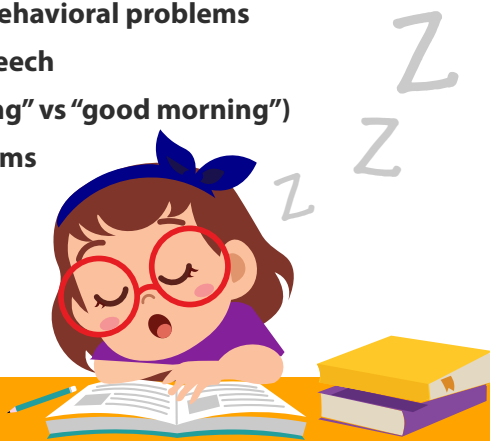


DOES MY CHILD SUFFER FROM OBSTRUCTIVE SLEEP APNEA (OSA) OR SLEEP DISORDERED BREATHING (SDB)?

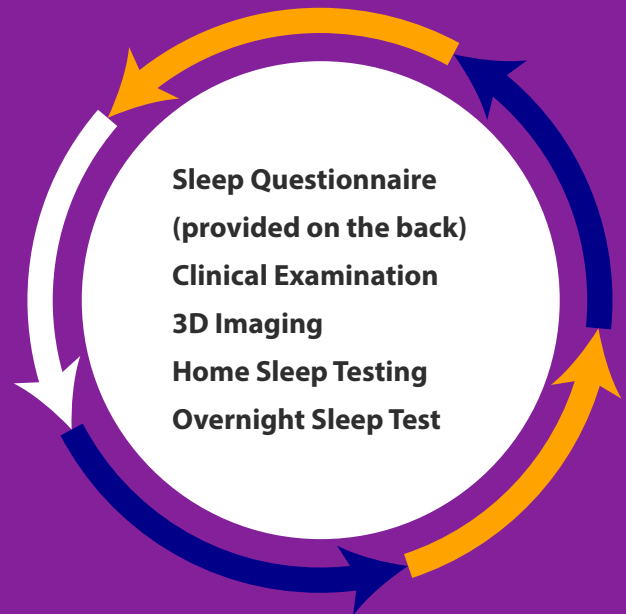
OSA and SDB have largely gone unrecognized in children but can have serious implications. They can contribute to growth problems, failure to thrive, Type 2 Diabetes, ADD, ADHD, autism.

Daytime Symptoms suggestive of OSA/SDB

- Excessive daytime sleepiness
- ADHD-like behaviors
- Mouth breathing
- Inattention, behavioral problems
- Hyponasal speech ("good mording" vs "good morning")
- School problems
- Hyperactivity



Diagnosis



Treatment

- Growth-Oriented Orthodontics (jaw expansion, advancement of upper and/or lower jaws to create room for the tongue and open the airway) rather than pulling teeth or using headgear (which can actually decrease the airway)
- Reduction of obstructive tissues (remove tonsils/adenoids, allergy correction or naturopathic)

Research has shown that the best results occur when both orthodontics and obstructive tissue are done.

When to assess and treat?

As soon as you are aware of the problem!
Although 7-8 years of age is an important age for orthodontic correction, we can make a big difference in 3-to-6-year-olds with some non-invasive and timely care.

Night/Sleep Symptoms suggestive of OSA/SDB

- Snoring - any type of snoring is a warning sign
- Gasping and/or pauses in breathing
- Sleeping in unusual positions (i.e. head extended)
- Nighttime sweating
- Restless sleep, night terrors, or sleep walking
- Enuresis (bed-wetting)
- Grinding teeth



PEDIATRIC SLEEP QUESTIONNAIRE

Your doctor would like you to complete this form as accurately and honestly as possible. In our practice we are very interested in our patient's overall health. Orthodontic treatment can often correct skeletal deformities that are causing sleep problems and subsequent health problems.

Please complete this questionnaire prior to your appointment with us.

Patient Name: _____ Date: _____

IN EACH OF THE CATEGORIES BELOW, PLEASE CHECK ALL THAT APPLY TO YOUR CHILD:

SLEEP BEHAVIORS:

Snoring:

- Always More than half the time Loudly

Breathing:

- Heavy or loud Has trouble or struggles to breathe Stops breathing
- Occasional bedwetting Has night terrors Sleep walks
- Grinds their teeth

DAYTIME BEHAVIORS:

- Wakes unrefreshed Wakes with a dry mouth Is difficult to wake
- Wakes with a headache Mouth breathes Sleepy during the day

PHYSICAL:

- Growth since birth has been considered a normal rate

Weight:

- Below average Average Above average

ATTENTION:

- Struggles to listen Has difficulty organizing tasks Easily distracted
- Squirms or fidgets in seat Always on the go as if driven by a motor
- Has a tendency to interrupt

For our practice, orthodontics is MUCH more than straight teeth!