



PRESS RELEASE

Children and Sleep Apnea

SACRAMENTO, CA—January 13, 2015— A common assumption is that sleep apnea is a just a problem for adults. Unfortunately, it can also affect children. Dentists and doctors who treat sleep apnea patients are swiftly realizing that younger clients also suffer from this disease.

Symptoms of Sleep Apnea in Children

If a child shows any of the following warning signs, we encourage the parents to speak with one of our Sacramento dentists right away:

- Regular snoring,
- Habitual mouth breathing,
- Often tired,
- Difficulty concentrating and short attention span,
- A small smile or a narrow mouth,
- Crowded baby teeth, even before new teeth come in.

Children are not supposed to snore, be tired during the day or refrain from active playtime. A healthy child should sleep soundly, use up a lot of energy with physical play and have big smiles. Fortunately, dental and medical science can correct the physical problems that tend to be the cause of sleep apnea, and similar conditions, in children.

Solutions for Childhood Sleep Apnea

An examination, in combination with at-home sleep testing, will determine the likely cause of sleep apnea symptoms. In children, the adenoids or tonsils (glands of the lymphatic system that help fight infections) can often become enlarged, causing airway blockages. Also, a very small palate or other genetic abnormalities can lead to tight airways that are easily blocked by the tongue.

While a medical doctor usually addresses the lymph glands, problems with the teeth and palate are best solved by one of our Sacramento dentists. With orthodontics, palate spreading, and oral appliances — or any combination of these — our staff trained in sleep apnea issues can resolve your child's health concerns.

No Time for Delay

Dealing with the situation now, while your children are young, growing and developing habits that may last a lifetime, is the best course of action. Since sleep apnea causes a reduction in oxygen to the brain, a child could be losing out on valuable developmental experiences due to habitual tiredness and lethargy caused by lack of quality sleep. The Sacramento Dentistry Group has solutions for sleep apnea! Please request a free consultation through our website (sacramentodentistry.com), by calling 916-538-6900 or by bringing your child to our convenient downtown location at 1105 E Street in Sacramento.