A HOW-TO GUIDE

Pediatric Sleep Apnea Guide For Parents





Dr. Drew Randall DDS

INTRODUCTION

Hello, I'm your coach Dr. Drew Randall.

I help kiddos get a great night's sleep so they can thrive during the day!

Here's The Deal: Kids Get Sleep Apnea too. It effects ALL areas of their life and can even be dangerous.

I can show you what is really going on and I can help you so you don't have to worry anymore. Simply fill out our form on this page, and let's find out if your child could have less struggles in their day to day and have a huge impact on their daily life with treatment.





I truly believe that by treating the underlying root cause of sleep apnea, your child can live a healthy and happy life without you worrying about their health and wellbeing.

CHAPTER I

Ultimate Guide For Parents With Kids & Sleep Apnea

Introduction

Does your child display signs of fatigue, lack of sleep, struggling in school, or any other unusual behavior? It may be hard to believe, but pediatric sleep-disordered breathing, which is related to problems with the jaw, mouth, and teeth, is likely the culprit.

This condition and its impact on children are still not fully understood by the medical community. Keep reading to discover more about pediatric sleep-disordered breathing, including its symptoms and how you can help your child get healthy again.

What is sleep-disordered breathing?

Sleep-disordered breathing (SDB) is when breathing difficulties occur during sleep. This can range from loud snoring to obstructive sleep apnea (OSA), where the airway is blocked repeatedly during sleep. OSA causes brief awakenings due to a decrease in oxygen levels in the blood. This condition can have severe consequences, especially for children's development due to disrupted sleep cycles.

Sleep-disordered breathing in children

While many parents may know about sleep apnea in adults (and may even have it themselves), few understand that children can also experience this serious condition.

Pediatric sleep-disordered breathing is common, with 9 out of 10 children experiencing at least one symptom of the condition. It's similar to adult sleep apnea, causing breathing interruptions due to a blocked or constricted airway. This disrupts a child's sleep and hinders their growth hormone release, leading to cognitive, behavioral, and health issues. Additionally, sleep-disordered breathing can result in lifelong breathing complications that are challenging to fix in adulthood.



CHAPTER II

12 Common symptoms

Children require 9 to 11 hours of sleep to maintain good health. Symptoms of sleep-disordered breathing in children can be severe, so it's essential to watch out for signs like:

- **Mouth breathing while sleeping or awake**
- **Restless sleep**
- **Drowsiness**
- **Bed wetting and nightmares**
- **Teeth grinding**
- **Crowded teeth**
- **Snoring or talking in sleep**
- **Overbite and open bite Forward head posture**
- **Asthma,**
- **Allergies,**
- **Dark circles under eyes**
- **Aggressive behaviors,**
- **Irritability,**
- **ADD/ADHD**
- **Poor school performance**



WHAT CAUSES PEDIATRIC SLEEP-DISORDERED BREATHING?

Obstructive sleep apnea in children often results from cranio-facial issues such as overcrowded teeth and narrow dental arches positioned too far back. Tongue-tie may also contribute to the condition. Regardless of the cause, sleep apnea causes a narrow airway that forces mouth breathing. Other factors to consider:

- Lack of breastfeeding or improper technique caused by tongue-tie
- Thumb sucking or other behavioral habits such as tongue thrust and pacifier use
- Soft food diet
- Mouth breathing
- Poor tongue tone/posture
- Underdeveloped upper and lower jaws

CHAPTER III

The risks of mouth breathing



Maintaining a balance between mouth and nose breathing is crucial for healthy development and good sleep. Mouth breathing can exacerbate the underlying causes of sleep-disordered breathing and pose other risks, such as:

- Imbalance in the exchange of oxygen and carbon dioxide in your child's body
- Swelling in the tonsils and adenoids, causing even further airway obstruction
- Improper functioning of your child's entire mouth, including their ability to speak, chew, and swallow
- Poor development of their permanent teeth and as they grow older, bad breath, and gum disease
- Forward head posture that leads to significant stress on the spine



HOW DO YOU TREAT SLEEP-DISORDERED BREATHING IN CHILDREN?

To treat sleep-disordered breathing in your child, realign their teeth and jaw with a custom dental appliance. This expands the airway and encourages proper nasal breathing. We also use Myofunctional Therapy to correct improper function.

Studies demonstrate that oral appliances can effectively treat sleep-disordered breathing in children. Treated children breathe naturally through their nose, sleep better, and exhibit improved behavior.

Early diagnosis and treatment is crucial. Please call us today to answer any questions you might have.

What can we do for your child?

We use Vivos Life (fixed and removable appliances) to offer a non-pharmaceutical, non-surgical treatment option that is all-natural.

What does this system do?

ADJUST TEETH, WITH NO BRACES

Our customized treatment varies for each child, such as training your child's tongue to have the strength it is intended to have.

For example, the Vivos System is a proprietary, non-invasive, non-surgical treatment protocol, provided by a multidisciplinary team of highly-trained healthcare professionals.



ADDRESSES THE ROOT CAUSE OF SLEEP-DISORDERED BREATHING

40+ million children experience sleep disorders and related breathing symptoms. Our sleep solutions address the root causes of sleep-disordered breathing.

DON'T WAIT. EARLY TREATMENT IS CRITICAL

When children are young, their bodies are able to adjust and mold easily, particularly in their mouth and their bone structure. Crowded teeth may force the tongue forward against their teeth, narrowing their dental arch and constricting the airway.

Our dentists and team are proud to provide sleep solutions that include the Vivos Life treatment. We invite you to call us at (469) 489-5996 for more information and to schedule your child's consultation with Dr. Randall.

CONCLUSION

What We Do

Is your child a candidate for our sleep solutions?

There are many things about your child's health that are important to know but that we often do not get to see while they are at our office. There are signs to look for that you may not have known were connected to your child's teeth or health. By looking for and tracking these signs and symptoms, we can have a complete picture of your child's overall health.

Call or Text us To Set up a FREE consultation today.

You found Us For A Reason

You never have any energy. Sometimes you don't even have the will to talk or even think. sleep apnea affects not just the person who has the condition, it affects everyone in some way!

You don't have to live this way anymore.

Thousands of people have already taken their lives back from sleep apnea using our system, and your insurance may even cover a major portion of the costs.

All you have to do is get in touch with us and our team NOW to immediately schedule your free assessment and begin down the road towards a better life.

Many patients feel the first positive effects in days!

If you would like to hear from some of our patients, click this link and listen to how we have helped them.



Call or Text us To Set up a FREE consultation today.