

The “harmless” symptom you shouldn’t ignore

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If your kid snores, don’t just shrug it off as a pesky habit. Although many kids snore occasionally (typically when they have allergies or a cold), regular, loud snoring may be a sign of obstructive sleep apnea syndrome (OSAS), when your child regularly stops breathing for 10 seconds or longer during sleep. Often large tonsils and adenoids are to blame. Other symptoms include:

- Gasping, snorting and sweating during sleep
- Restless sleep and sleeping in unusual positions
- Excessive daytime sleepiness
- Mouth breathing

If you suspect your child has sleep apnea, see your pediatrician ASAP. Left untreated, it may lead to learning and behavior problems.

All content here, including advice from doctors and other health professionals, should be considered as opinion only. Always seek the direct advice of your own doctor in connection with any questions or issues you may have regarding your own health or the health of your child.

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