

兒童睡眠中心 Paediatric Sleep Centre

For enquiries and appointments,
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Paediatric Sleep Centre

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Service Hours

Wednesday: 4:00 pm - 6:00 pm
(By appointment only)

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My Child Snores



養和醫院
Hong Kong Sanatorium & Hospital

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Does Your Child Snore?

Snoring is common in children. Researchers found 10-15% of normal children snore regularly. Most children who snore are otherwise healthy. However, 1 out of 4 children with persistent snoring suffers from Sleep Apnea. If your child snores regularly, he/she may suffer from Sleep Apnea. You should seek advice from sleep specialist.

Is Sleep Apnea Serious?

Childhood Sleep Apnea is a chronic illness. Early in the disease, the child snores regularly during the night. He or she may look completely normal during the day. Childhood Sleep Apnea is different from Adult Sleep Apnea, as children with Sleep Apnea often do not have daytime sleepiness.

Children with Sleep Apnea suffer poor sleep quality and intermittent low blood oxygen level during sleep. In more serious cases, they may have problems at school, behavioural problems, delayed growth, or even heart failure. Some of these symptoms are similar to those described in children with Attention Deficit Hyperactivity Disorder (ADHD). In fact, some children with Sleep Apnea are misdiagnosed as having ADHD.

Children with Sleep Apnea may have some of the following symptoms:

- Sleep in abnormal positions
- Snore loudly
- Stop breathing intermittently during sleep, followed by snorting or gasping
- Sweat heavily during sleep
- Difficult to wake up in the morning
- Headache in early morning after waking up
- Have difficulties at school or behavioural difficulties
- Moody, irritable
- Inattention
- Suffer from ADHD
- Daytime sleepiness

How Is Sleep Apnea Diagnosed in Children?

Overnight sleep test is the most reliable way to diagnose Sleep Apnea in children, and it can be done in children of all ages. Your child will need to stay in the hospital for a night. Before bedtime, a sleep test technician will put several measuring wires and belts on your child to record information such as brain wave, breathing, heart rhythm and blood oxygen level. It is painless and will not pose any danger to your child. The data collected will be carefully interpreted by specialists to determine whether your child suffers from Sleep Apnea, and if so, to determine its severity. Children with daytime behavioural problems, inattention or mood instability will be assessed by clinical psychologists.

