

My Child Snores



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, one out of 4 children with persistent snoring suffers from Sleep Apnoea. If your child snores regularly, he/she may suffer from Sleep Apnoea. You should seek the advice of a sleep specialist.

- Headache in early morning after waking up
- Have difficulty at school or behavioural difficulty
- Moody, irritable
- Inattention
- Have attention deficit hyperactivity disorder (ADHD)
- Daytime sleepiness

Is Sleep Apnoea serious?

Childhood Sleep Apnoea 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 Apnoea is different from adult Sleep Apnoea. In particular, children with Sleep Apnoea often do not have daytime sleepiness.

Children with Sleep Apnoea suffer from poor sleep quality and intermittent low blood oxygen level during sleep. In more serious cases, they may suffer from 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 Apnoea are misdiagnosed as having attention deficit hyperactivity disorder (ADHD).

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

- Sleep in abnormal position
- Snore loudly
- Stop breathing intermittently during sleep, followed by snorting or gasping
- Sweat heavily during sleep
- Difficult to wake up in the morning

How do we diagnose Sleep Apnoea in children?

Overnight sleep test is the most reliable way to diagnose Sleep Apnoea in children. Sleep test can be done in children of all ages. Your child need to stay in the hospital for a night. Before bedtime, sleep test technician will put on several measuring wires and belts on your child. These will record brain wave, breathing, heart rhythm, blood oxygen level, etc. The process of sleep test is not painful and will not pose any danger to your child. The sleep test data will be carefully interpreted by specialist, to determine whether your child suffers from Sleep Apnoea, and to determine the severity of the Sleep Apnoea. Children with daytime behavioural problem, inattention, or mood instability will be assessed by clinical psychologist.

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你的孩子有鼻鼾嗎？

兒童睡眠時有鼻鼾是十分常見的。每一百個兒童之中，就有十至十五個有持續性鼻鼾。大部分有鼻鼾的兒童都是健康的。不過，每四個有持續性鼻鼾的兒童之中，就有一個患有兒童睡眠窒息症。如果你的孩子經常有鼻鼾，他便有可能患有睡眠窒息症，應該盡快求醫。

有鼻鼾孩子



兒童睡眠窒息症嚴重嗎？

兒童睡眠窒息症是一種慢性病。早期的主要病徵主要為晚間有持續性鼻鼾，日間則很正常。兒童睡眠窒息症有別於成年人的睡眠窒息症，往往日間沒有明顯的睏睡。

長期患有睡眠窒息症的孩子，晚間睡眠質素受影響及腦部出現間歇缺氧的情況。嚴重的患兒，更會有學習困難，行為問題，生長緩慢，甚至心臟衰竭。由於兒童睡眠窒息症的部分病徵和過度活躍相似，部分患兒可被誤診為過度活躍。

患有睡眠窒息症的兒童，可能有以下的病徵：

- 睡眠姿勢不正常
- 鼻鼾聲大
- 睡眠間出現短暫呼吸停頓，然後出現呼吸掙扎（很用力及大聲呼吸）
- 睡眠時出很多汗
- 早上很難喚醒孩子
- 早上起床有頭痛
- 有學習困難或行為問題

- 情緒不穩定
- 精神不集中
- 有多動症
- 日間睏睡

兒童睡眠窒息症如何確診？

要準確診斷兒童睡眠窒息症，晚間睡眠測試是唯一可靠的方法。任何歲數的孩子都可以接受睡眠測試。孩子需要留院一晚。睡前，測試技術員會在孩子的頭部和身上放置記錄用的裝置，用以記錄孩子的腦電波，呼吸，心電圖，血氧飽和度等數據。睡眠測試的過程不會有痛楚，也不會對身體造成任何傷害。睡眠測試的數據會由專家解讀，以判斷孩子是否患有睡眠窒息症，及其嚴重程度。有日間行為問題，精神不集中，情緒不穩定的患兒，也需由臨床心理學家進行詳細評估。

兒童睡眠中心

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