



Sleep Apnea Awareness Newsletter

SUMMER 2009

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<p>Quick Links</p> <p>Sleep HealthCenters</p> <p>CPAP Tip of the Month</p> <p>PAP Replacement Guidelines</p> <p>About Us</p> <p>Contact Us</p>	<p>Children and Sleep Apnea</p> <p>Sandra Horowitz, MD Regional Medical Director, Sleep HealthCenters</p>  <p>My child snores! Could it be sleep apnea? A history of loud snoring alone is not sufficient to diagnose your child with obstructive sleep apnea (OSA). Snoring occurs when the airway narrows partially but OSA causes complete collapse of the airway. This can leave your child struggling to breathe and also lead to other health risks. Only a polysomnogram (PSG), which is commonly known as a sleep study, can tell if your child's snoring indicates the presence of OSA.</p>
<p>Research Studies</p> <p>Learn about and participate in the latest research studies!</p>	<p>Children frequently don't complain of the same symptoms as adults with OSA. They rarely complain of excessive daytime sleepiness, rather they struggle with behavioral and learning difficulties. Untreated OSA in children can lead to growth retardation, failure to thrive, obesity, hypertension and other conditions. Poor school performance, aggressive behavior and anxiety can also surface.</p>
<p>Upcoming Events</p> <p>CPAP Success Group now in Weymouth, MA</p>  <p>Rick Clerici</p>	<p>Is sleep apnea different in children? A child with sleep apnea presents with different symptoms than an adult and the way we study children is not the same as the way we study an adult. When a child undergoes a sleep study, a different set of criteria is used because children breathe faster. For instance, 2 missed breaths is considered an apneic event vs. 10 missed breaths in an adult. Additionally, apnea events are often under recognized because children, especially infants, may not always awaken during an event. Therefore, we monitor children with special sensors, including one to measure carbon dioxide (CO2), because elevated levels may be an indication of sleep disordered breathing.</p> <p>Children with Down syndrome, cerebral palsy and other conditions are at particular risk for OSA. OSA is also more common in the children of parents with OSA. As a result, screening children based on the status of the parents will be more commonplace in the future.</p> <p>Can I come to my child's sleep study? An optional tour of the sleep center before the night of the study helps put parents and children at ease. Parents of young children are able to stay in the room when the study is taking place. A certified sleep technologist conducts the study using various diagnostic tools including a polysomnograph device. Although, technologists or, RPSGTs, are trained on patients of all ages, many find working with children rewarding and chose to work in labs that focus on pediatric patients.</p>

Maximize Your CPAP Experience with Rick Clerici, Behavioral Medicine Specialist

Learn to use CPAP more easily and effectively, receive clear information and useful tips to improve your CPAP experience, learn simple relaxation techniques to help you breathe normally during sleep and reclaim sleep, energy and overall health. Attend as often as you like.

Class Locations:

541 Main Street
Stetson Medical Building
Weymouth, MA

alternating Mondays
3:00 until 4:30 PM

1505 Commonwealth
Ave., 5th Floor
Brighton, MA

alternating Wednesdays
7:15 until 8:30 PM

Free parking in the rear of the building

For more information and to register, call
(877) 753-3742

\$15 per person

What's New in CPAP

In this issue we're featuring two products.

Everest® Integrated CPAP System
from [AEIOMed](#)



What therapies are available, and do they work?

Sleep apnea in children is treated in various ways. Adenotonsillectomy (the surgical removal of tonsils and adenoids) is an effective treatment option for children over the age of 3. Continuous positive airway pressure or CPAP is the use of a machine and mask to help your child breathe more easily during sleep. CPAP has been shown to be very effective and has improved since early pediatric use in the 1990s. It can be used while waiting for surgery or as an alternative. Other options include surgical procedures which expand the lower jaw, dental devices and the use of nasal steroids.

Below are some symptoms that could indicate that your child may be suffering from sleep apnea. From *Could My Child Have Sleep Apnea?* on the [National Sleep Foundation's website](#).

Sleep Apnea Symptoms in Children

During the night, a child with sleep apnea may:

- Snore loudly and on a regular basis.
- Have pauses, gasps and snorts and actually stop breathing. The snorts or gasps may waken them and disrupt their sleep.
- Be restless or sleep in abnormal positions with their head in unusual positions.
- Sweat heavily during sleep.

During the day, a child with sleep apnea may:

- Have behavioral, school and social problems
- Be difficult to wake up
- Have headaches during the day, but especially in the morning
- Be irritable, agitated, aggressive, and cranky
- Be so sleepy during the day that they actually fall asleep or daydream
- Speak with a nasal voice and breathe regularly through the mouth

If you have concerns about your child's sleep, start by contacting your child's pediatrician for more information.

When Your Child Needs a Sleep Study

Ellen Grealish, REEGT, RPSGT

Regional Lab Manager, Sleep HealthCenters

Your child's pediatrician has ordered a sleep study (polysomnogram or PSG) to determine if they suffer from Sleep Disordered Breathing. What can you do as a parent to make the process go more smoothly?

Gather as much information as possible during the scheduling phone call. The scheduler will be happy to help you. It's during that call where all questions can be answered as to what to expect as well as discuss any special needs your child has. Make a list of your questions before getting on the phone. The lab prefers to know in advance of any special circumstances. For those children more anxious than usual or those with sensory issues, schedule a tour of the sleep lab ahead of time.

Explain to your child that a sleep study is not painful. Keep your explanations age appropriate. Telling a three year old the definition of a polysomnogram is not helpful to easing their fears. Describing a sleep study as a sleepover where they will get to wear hair jewelry (EEG leads), buttons (sensors) and have a finger night light (oximeter probe) may change their perspective and help lessen their anxiety.

When you arrive at the study, allow your child to get used to their surroundings. Some children like to see and touch the sensors first. Others do well with distractions that interest them. Bring along a favorite video while they are being set-up with their leads and sensors. Puzzles, bubbles and coloring books all work well to help keep a younger child still during sensor application. Have them bring along a favorite doll or stuffed animal so that the technician can show the child what is involved first. Parents can even go "first" to ensure a child that nothing will "hurt".

Overall, the child takes their cues from you. If you are anxious, express fear and display unnecessary concern, your child will mirror these emotions as well. The calmer YOU are, the more smoothly your child's study will go.



Enjoy freedom and flexibility with the integrated Everest system in place of conventional, component separated CPAP systems

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Mirage ActivaLT mask from [ResMed](#)

Designed to accommodate every patient and ensure a comfortable, hassle-free night



[READ MORE](#)

Sleep and You



Sleep and You raises awareness about sleep, sleep disorders, and issues impacting sleep, providing consumers and patients with information to improve and enhance their health and quality of life.

[Sleepandyou.com](#)

explains the importance of sleep, the effect sleep disorders can have throughout an individual's life and the options available for treatment and care for sleep concerns.

It highlights the connection between sleep and other comorbid conditions, such as diabetes, stroke, weight management and cardiovascular disease.

Log on today!

CEO Spotlight



Paul S. Valentine
President and CEO

SleepHealthCenters is happy to announce the expansion of our Pediatric Sleep Program to our Framingham location. This is our second pediatric location, with the other at Massachusetts Eye and Ear Infirmary (MEEI) in Boston. We are excited to offer parents the opportunity and convenience of a suburban location for pediatric services which include sleep consultations and evaluations, diagnostic sleep studies, behavioral sleep medicine clinics and Positive Airway Pressure (PAP) titration and therapy

This past June, we had the pleasure of attending the annual SLEEP conference, which is the largest annual U.S. event in the world of sleep medicine. During the conference, our own Dr. David White received the William C. Dement Academic Achievement award, recognizing him for his exceptional contributions in the areas of sleep education and academic research. We are honored to work side-by-side with David.

The SLEEP conference is a joint venture of the AASM (American Academy of Sleep Medicine) and the SRS (Sleep Research Society). A lot of exciting new research came out of this meeting, as it always does. Some highlights included:

Evidence suggesting the sleep field and the obstetrical field should be more aggressive about identifying and treating sleep apnea in pregnant women.

- The impact heavy smoking has on diagnosing OSA correctly.
- More links between OSA and high blood pressure.
- The connection between atrial fibrillation patients and OSA.
- A discussion regarding OSA patients unwilling to use CPAP due to claustrophobia or other issues coming to the sleep lab during the day to become acclimated to CPAP prior to taking a traditional sleep test (PSG) at night.
- A poster by a member of the SHC medical staff on "CPAP masks: a source of microbial contamination".
- The need to attract quality physicians and researchers to the sleep medicine field by increasing physicians' exposure to sleep medicine in medical school and residency programs, increasing funding for sleep-related research projects and integrating sleep fellowships into other specialty programs, such as pulmonary/critical care and neurology.
- The fact that sleep deprivation can decrease appreciation of humor!

The Sleep HealthCenter affiliated with the Southcoast Hospitals Group has expanded its 84 Faunce Corner Road location in North Dartmouth, MA, to a four bed, fully comprehensive sleep program. We have enjoyed growth in the Southcoast region, due in part to our relationship with the Southcoast Hospitals Group, which includes St. Luke's Hospital in New Bedford, Tobey Hospital in Wareham and Charlton Hospital in Fall River.

We are happy to continue to provide sleep medicine services to you or people you know. Please do not hesitate to contact us if you have any questions.

For more information about Sleep HealthCenters, please visit www.sleephealth.com

Sleep HealthCenters is a network of specialized sleep medicine centers, staffed by board-certified sleep specialists.

Sleep HealthCenters' comprehensive care services include diagnosis, evaluation and treatment of patients with all types of sleep disorders including obstructive sleep apnea, insomnia, narcolepsy, and restless legs syndrome.

Please visit our website at www.sleephealth.com to learn more about Sleep HealthCenters or contact us at 877-SLEEPHC (877-753-3742) to schedule an appointment.