

# Snoring and Sleep Apnea Can Affect Your Child's Academic Performance



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that sleep apnea affects their ability to concentrate and results in memory loss. These children struggle to breathe at night due to a blockage in their airway and will often wake up choking. The literature reports that if sleep

apnea occurs during critical periods of brain development this can diminish the child's academic achievements in the future. In today's competitive environment only the students with the highest marks will qualify for college and university. The manner in which snoring and sleep apnea is treated may seriously influence the future of your child's development. In severe cases sleep apnea can also increase blood pressure and even cause pulmonary hypertension and a heart problem known as cor pulmonale in children.

Children with sleep apnea never get to stage 3 sleep which is known as deep restorative sleep. No deep sleep results in no production of growth hormones, which causes growth retardation and is upsetting to the child as well

as the parents.

The diagnosis of sleep apnea can usually be done with a sleep study at a hospital or private sleep clinic. The most common cause of snoring and sleep apnea in children is enlarged tonsils and adenoids. Unfortunately the average patient is not being diagnosed or treated for many months and sometimes years. The other rather alarming fact is that parents of these children who snore and have breathing difficulty are often sleep deprived themselves due to worrying about their child's breathing problems. It appears that your child's snoring is not only bad for them but also for the parent. Sleep deprivation can also predispose parents to increased risk of heart disease as well as type 2 diabetes.

I recommend that

parents spend extra time in the children's bedroom observing the snoring and restrictions in the breathing. In serious cases videotape the child's struggle to breathe and take it to your family medical doctor who hopefully will refer you to an ear, nose and throat specialist who will remove the enlarged tonsils and adenoids that are causing the problem. Research has shown that removal of the tonsils and adenoids will solve the problem 80% of the time. Parents need to check for mouth breathing which can cause the collapse of the upper and lower arches. These children need upper and lower arch development dental appliances that will expand their arches and help encourage normal nasal breathing. Some children with underdeveloped lower jaws need to wear a functional jaw repositioning appliance

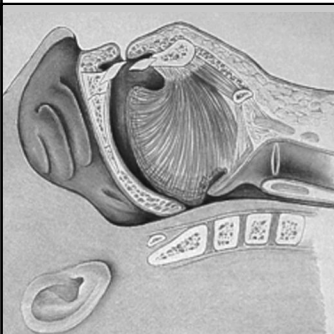
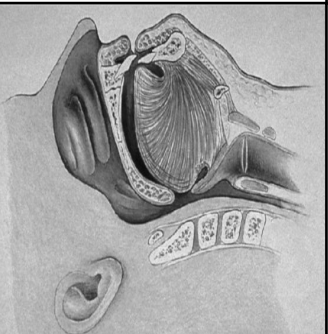
like a Twin Block to move the lower jaw forward to open up their airway.

The good news is after the snoring and sleep apnea is solved research has shown that this eliminates the bedwetting, hyperactivity, snoring, heart problems and there is an increase in the child's grades at school.

In summary the treatment for snoring and sleep apnea in children is to remove the tonsils and adenoids, expand the upper and lower arches and to move the lower jaw forward with functional appliances. Parents and the dental and medical professions must pay attention to children who snore who may have sleep apnea which can so negatively affect their behaviour, grades at school as well as their overall health.

SNORING: Partial Collapsed Airway

OBSTRUCTIVE SLEEP APNEA: Complete Collapsed Airway



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