WHAT IS PEDIATRIC SLEEP DISORDERED BREATHING?

As a root cause to many common conditions, what are the signs & symptoms?

COMMON PEDIATRIC CONDITIONS
- ADHD/ADHD
- Bed wetting
- Difficulty in school
- Mouth breathing / snoring
- Restless sleep
- Delayed or stunted growth
- Nightmares
- Swollen adenoids / tonsils

9 out of 10 kids suffer from 1 or more of these symptoms.

ADD/ADHD
- Asthma
- Bed wetting
- Chronic allergies
- Restless sleep
- Dark circles under eyes
- Daytime drowsiness
- Allergies
- Frequent wakes up at night

HOW DOES SLEEP DISORDERED BREATHING CAUSE THESE ISSUES?
- Reduced REM sleep
- Narrow intercellular space
- Less toxins removal
- Reduced dopamine-chemical transmission between brain cells

Affects brain
- Poor school performance especially in math, spelling & science
- Attention deficit
- Speech issues
- Depression

Affects immune system
- Allergies
- Infections
- Illnesses
- Middle ear infections
- Excrea, asthma

Most prominent Symptoms
- Wakes up during the night
- Restless sleep talking
- Easliy or often falls asleep watching TV

Affects membrane system
- Appetite
- Weight
- Occurrence of Type 2 diabetes
- Hypothesized to diminish growth

SYMPTOMS ASSOCIATED WITH SLEEP DEPRIVATION

Plaques found between brain cells in dementia and Alzheimer’s is beta-amylloid. Some issues found in those lacking REM sleep

3 consecutive nights of 4-5 hrs of sleep can cause irreversible brain cell damage

Antibody levels increase 56% for each additional hour of sleep

1 NIGHT of incomplete sleep can affect endocrine & immune system

After 4hrs of sleep for 5 nights

<table>
<thead>
<tr>
<th>Insulin</th>
<th>Glucose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reduced</td>
<td>Increased</td>
</tr>
<tr>
<td>40%</td>
<td>28%</td>
</tr>
<tr>
<td>Decreased</td>
<td>Decreased</td>
</tr>
<tr>
<td>18%</td>
<td>18%</td>
</tr>
</tbody>
</table>

Children 6-9 years old with < 10 hrs sleep were 1.5-2.5x more likely to be obese

INTERESTING FACTS

WHAT SHOULD I DO IF I THINK MY CHILD HAS SLEEP DISORDERED BREATHING?

- Identify and partner with a multi-disciplinary treatment team with leading expertise in pediatric sleep-disordered breathing
- Have comprehensive evaluation
- Review planned treatment, alternatives, risks, expectations, and other questions
- Begin treatment

What could I expect for a comprehensive treatment plan?
- Potential referral to ENT surgeon for adenoid & tonsil removal
- Unlimited compliance appointments
- Appropriate prescription oral appliances that could include but are not limited to: oral habit correctors, Healthy Start oral appliances, orthopedic expanders, Invisalign, brackets (1 Free replacement per appliance in case of loss or damage)
- Lifetime retention via appropriate/preferred retainers
- Quarterly progress records
- Custom sports mouthguard
- Oral cancer screening
- Caries risk assessment
- Patient & parent education
- 24 hr patient/parent support line

WHERE SHOULD I GO FOR MORE INFO OR TO GET STARTED?

centraldentist.com

To learn more, visit
centraldentist.com

To schedule your child for a free consult, contact Central Dentist today

info@centraldentist.com

214.368.0900