



الشراكة الطلابية

مشروع التثقيف الصحي Health Education Project

Obstructive Sleep Apnea



Symptoms of Obstructive Sleep Apnea

- Loud snoring or noisy breathing during sleep.
- Periods inadequate and difficult breathing lasting typically 6-20 seconds, often ending in a gasp, snore, snort, or sigh.
- Mouth breathing.
- Restlessness during sleep.
- Excessive daytime sleepiness or irritability (because the quality of sleep is poor) hyperactivity during the day (as a symptom of sleepiness in a child).

How to Diagnose it ?

Full assessment includes :

- Medical history and physical examination sleep history; report from parents or care-taker.
- Evaluation of the upper airway (by direct examination or x-ray).
- Sleep study (polysomnography); the best test available for diagnosing obstructive sleep apnea.

Obstructive Sleep Apnea

Is a condition in which a patient's breathing is repeatedly blocked during sleep. During episodes of blockage, the patient continues trying to breathe, working hard and snoring because of the obstruction. However, the amount of air inhaled with each breath is reduced or even absent. These periods of blockage may lead to temporarily low levels of oxygen in the blood as well as disrupted sleep.

Causes of Obstructive Sleep Apnea

The most common causes of obstructive sleep apnea in children are:

- Adenoid and tonsillar enlargement (enlargement of these spongy, glandular tissues at the back of the throat is most common cause in children).
- Obesity (deposition of fat around the neck makes the pharynx narrower).
- Down Syndrome (and other genetic disorders).
- Other disorders affecting the structure of the jaw and face.
- Other disorders affecting muscle tone and function (such as muscular dystrophy and spasticity).

How to Treat it ?

Specific treatment recommendations for obstructive sleep apnea will be determined by the physician based on:

- Cause of the condition.
- The severity of the condition.
- The patient's age, overall health, and medical history.
- The patient's tolerance for specific intervention.
- His/her opinion or preference.

Treatment Options

- Adenotonsillectomy (with removal of the enlarged tissue).
- Continuous Positive Airway Pressure (CPAP) device (wearing a special mask over the nose at night through which air is blown to keep the airway open).
- Weight loss (generally a long-term treatment).
- Other surgery of the facial structures (in special circumstances).

For more info please visit : www.hep-ksu.info or contact : 014786100 ext 1422



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