



Childhood Sleep Disorders

Sleep Hypoventilation

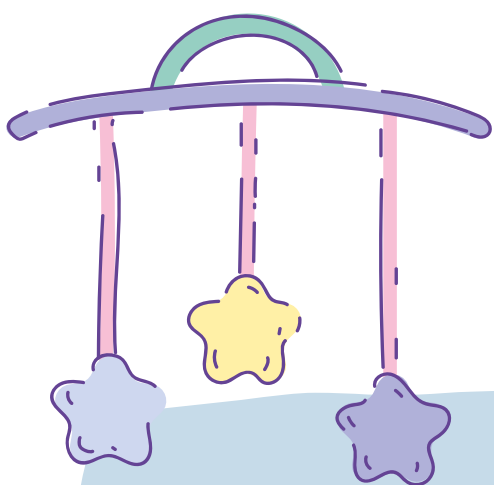


Signs parents might notice

- Morning headaches.
- Restless sleep.
- Daytime tiredness.
- Recurrent respiratory illnesses.

What is it caused by?

- Narrowed airways.
- When the lung is damaged or restricted from moving.
- Skeletal and thoracic abnormalities, such as in scoliosis.
- When the main breathing muscles such as the diaphragm are affected.
- When the brain's control of breathing is impaired.



How is it diagnosed?

- Daytime diagnostic tests such as lung function tests, assessment of respiratory muscle strength, daytime oxygen levels and capillary blood gas.
- Sleep study: an overnight stay in a sleep unit where measurements of the child's breathing during sleep are recorded.

How is it managed?

Positive Airway Pressure therapy: child wears a mask over the nose and/or mouth, while a positive pressure is applied from a bedside device called a ventilator. This blows air into the lungs.

