

Sleep Disorders in Children

An Increased Awareness is Important

Sleep fragmentation in children more often presents as hyperactivity, demonstrating attention problems and difficulties concentrating. Disproportionally higher prevalence of OSAS has been documented in children whose school performance was in the lowest 10% of their class and that their performance improved with therapy. [1,2] Sleep quality, quantity and pathology are therefore important factors when evaluating children with behavioral problems or attention deficit hyperactivity disorder (ADHD) as there can be significant overlap of symptoms. [3]

Sleep quality is important for children as untreated and persistent disease may impact the child's neurocognitive, cardiovascular and cardiometabolic health that may promote disease later in life. [4-8]

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