

Signs and symptoms of sleep breathing disorders

Infants (3-12 mo)	Toddlers (1-3 years)	Pre-School (3-5 years)	School age (5-18)
Snoring	Snoring	Snoring	Snoring
Noisy breathing	Noisy breathing	Noisy breathing	Noisy breathing
Stridor (siren like breathing)	Witnessed breath holding (apnea)	Witnessed breath holding (apnea)	Witnessed breath holding (apnea)
Witnessed breath holding (apnea)	Mouth breathing / dry lips	Mouth breathing / dry lips	Mouth breathing / dry lips
Mouth breathing / dry lips	Waking up frequently	Waking up frequently	Waking up frequently
Waking up frequently	Sweating at night	Sweating at night	Sweating at night
Sweating at night	Failure to thrive	Failure to thrive	Failure to thrive
Failure to thrive	Nasal congestion	Nasal congestion	Nasal congestion
Nasal congestion	Hyper extended neck while awake or asleep	Hyper extended neck while awake or asleep	Hyper extended neck while awake or asleep
Hyper extended neck while awake or asleep	Recurrent ear infections (otitis media)	Recurrent ear infections (otitis media)	Recurrent ear infections (otitis media)
Recurrent ear infections (otitis media)	Recurrent upper respiratory infections (URI)	Recurrent upper respiratory infections (URI)	Recurrent upper respiratory infections (URI)
Recurrent upper respiratory infections (URI)	Sleep terrors/ nightmares	Sleep terrors/ nightmares	Sleep terrors/ nightmares
Poor suck	Confused when waking (confusional arousal)	Confused when wakes up (confusional arousal)	Confused when wakes up (confusional arousal)
Poor day/night cycle (circadian rhythm)	Irritability	Confused when wakes up (confusional arousal)	Confused when wakes up (confusional arousal)
	Daytime sleepiness	Restless sleep - messy bed	Restless sleep - messy bed
	Restless sleep - messy bed	Restless sleep - messy bed	Restless sleep - messy bed
		Daytime sleepiness/ long persistent naps	Daytime sleepiness
		Wetting the bed (enuresis)	Wetting the bed (enuresis)
		Hyperactivity /inattention	Hyperactivity /inattention
		Difficulty waking up in the morning	Difficulty waking up in the morning
		Drooling	Drooling
		Morning headache	Morning headache
		Sleeps in knee-chest position	Insomnia
			Delayed sleep phase syndrome (difficulty falling asleep)
			Learning difficulties
			Delayed puberty
			Depression
			Hypertension (high blood pressure)
			Crooked teeth -class II, III, cross bite, open bite, crowding , missing teeth teeth not erupting

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Sleep breathing disorders include : mouth breathing , snoring and sleep apnea

Quick list: general signs to look for

- Some high risk Factors =Premature birth , low muscle tone , tongue tie , enlarged tonsils and adenoids, allergies
- Bruxism (tooth clenchng and grinding)
- Daytime fatigue and sleepiness
- Chapped or cracked lips
- Heavy sweating during sleep
- Wetting the bed
- Learning problems and behavioral problems at school
- Memory issues
- Mood problems like aggression or impatience
- Mouth breathing and issues that result from it, including: a forward head posture, a long, thin face, narrow palate. Small lower jaw bad breath (halitosis), coughing, crooked teeth, dental and gum (periodontal) disease, dry mouth, or throat infections
- Night terrors
- Restless sleep
- Snoring
- Venus pooling under the eyes (dark circles)