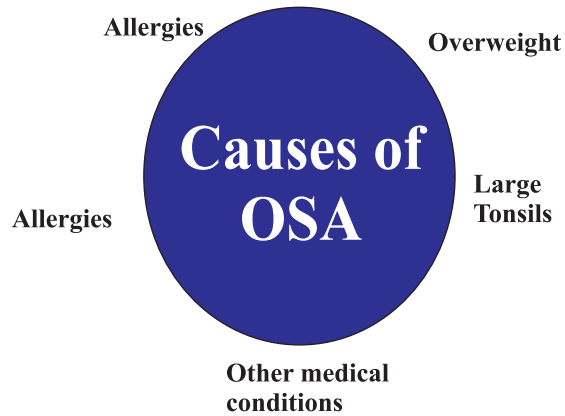


WHAT CAUSES OSA?



HOW IS OSA DIAGNOSED?

If you suspect that your child may have OSA, you should visit a sleep specialist who has experience with children. The specialist will record your child's sleep in a laboratory with a test called polysomnography (PSG). During the night, the sleep technician will place electrodes on your child's head and body to monitor his or her sleep patterns. The evaluation will record breathing patterns, muscle activity, leg and arm movements, heartbeat, and brain waves. The study is not dangerous or harmful and is non-invasive. The study will tell the specialist if the child has OSA or any other sleeping disorders.

WHAT EFFECTS COULD OSA HAVE ON CHILDREN?

OSA is associated with an increased risk of:

- Diabetes and other medical disorders
- Symptoms of ADHD
- Decreased quality of life
- Difficulty sleeping at night and show behavioral problems during the day
- Irritability
- Hyperactivity
- Learning problems
- Lower mood
- Poor response to other treatments
- High blood pressure
- Heart attack and/or heart disease

HOW IS OSA TREATED?

Some possible treatments of OSA are:

- lifestyle changes such as weight loss with
- combined diet, exercise and behavioral changes
- adenotonsillectomy (surgery to remove large tonsils and adenoids)
- Nasal continuous positive airway pressure (CPAP) is a device that blows air and comes with a small mask worn over the nose during sleep. This is to prevent the throat from closing during sleep.



CURRENT STUDY ON OSA AND CHILDHOOD OBESITY AT YOUTHDAL E SLEEP CENTRE

WHY ARE WE CONDUCTING THIS STUDY?

Currently, many overweight children are not being regularly screened for sleep disorders. It has been recommended that these patients should be tested for underlying sleep problems, such as sleep apnea. The diagnosis and treatment of an underlying sleep disorder may substantially complement intervention strategies in treating pediatric obesity. Previous research suggests a strong correlation between obesity in adults and sleep disorders. We are interested in establishing how frequent sleep disorders are in overweight children. We are also interested in any neuropsychological effects which a sleep disorder may have. There is an urgent need to find out if obesity related sleep disorders have an effect on cognition and memory in children (as is the case in adults).

WHAT ARE THE OBJECTIVES OF THIS STUDY?

We have two main objectives in this study:

1. To determine the frequency of undiagnosed sleep disorders in children who are overweight/obese.
2. To examine the effects of obesity and sleep disorders on neuropsychological performance on various cognitive and attention tasks.