

PEDIATRIC SLEEP QUIZ

IS YOUR CHILD A HEALTHY SLEEPER?

Sleep disordered breathing is a major contributor to a variety of chronic inflammatory symptoms and diseases that are most often being treated with medications. What most people don't know, is that these current therapies do not address the **cause** of these symptoms. Find out if your child is a healthy sleeper.

Take the Pediatric Sleep Disorder Sleep quiz:

- 1) Does your child sleep with his/her mouth open? Yes/No
- 2) Does your child suffer from any of these night time issues: Yes/No
 - Snoring
 - Mouth Breathing
 - Teeth Grinding
 - Bed Wetting
 - Sweating During Sleep
 - Restless Sleep
 - Talks in sleep or wakes up often
- 3) Does your child have crooked teeth Yes/No
- 4) Does your child's chin seem too far back or the upper teeth too far forward? Yes/No
- 5) Does your child drool on their pillow while sleeping? Yes/No
- 6) Does your child experience excessive daytime sleepiness? Yes/No
- 7) Is your child sleepy at school? Yes/No

If you have answered "Yes" to any of these questions, your child may suffer from sleep disordered breathing (SDB), Pediatric Sleep Apnea (PSA), unhealthy habits or compromised growth and development.