

Orthodontic Help for Children With Sleep Apnea



What Happens During Sleep?

Brain growth and development

Cognitive development happens at a lightning fast pace during younger years.



Kids need at least
7-9 hours
of sleep per night



Snoring and sleep apnea stop **deep sleep** & slow down brain development from it's normal rate.

Signs of Sleep Apnea in Children

Does your child struggle with any of these?

- Snoring
- Hyperactivity
- Daytime sleepiness
- Issues in school & academics
- Teeth grinding
- Bed wetting
- Irritability
- Irregular sleeping patterns

Orthodontic Specialists Can Help



Orthodontic Signs of Sleep Apnea

- Crossbites
- Large overbites
- Crowding
- Worn teeth from grinding
- Lower jaw far behind upper jaw



Orthodontic specialists are trained in dentofacial orthopedics and are experts at oral facial growth and development. They have experience treating children who show signs of sleep disordered breathing.

Early intervention is important due to facial development in a child. The American Association of Orthodontists (AAO) recommends that you find an orthodontic practice for your child when they reach the age of seven. However, please seek help before that age if you notice symptoms of sleep apnea.



**For Your Smile, Choose an
Orthodontic Specialist**

<https://www.texasortho.org>

