Don’t Ignore the Snores

A study links apnea and asthma…

Don’t assume those ZZZs reverberating in your child’s room mean he/she is getting a good night’s sleep. Loud snoring, particularly of the gasping or snorting variety, can signal sleep apnea. Research suggests that it could also signal a need to take a harder look at any untreated allergies.



Children with asthma are more than twice as likely to suffer from sleep apnea as their peers who breathe more easily, say researchers who compared apnea risk factors among 350 kids.

“By treating nasal allergies, you may actually help both apnea and asthma,” says Susan Redline, MD, associate professor of pediatrics and epidemiology at Case Western Reserve University in Cleveland. “It may be that the two syndromes predispose one to the other and that treating one may help the other,” she says.

If you or your child has symptoms of sleep apnea, coughing, wheezing, or shortness of breath, make your appointment today for a Spirometry test at your Community Wellness Center.

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