

# Snore Centre Patient eNewsletter

February 2012

## Female Sleep Apnoea Sufferers Reluctant to Seek Help

**Female sufferers of sleep apnoea are being urged to overcome their embarrassment and visit their GP for help.**

York Hospital says the number of men diagnosed with obstructive sleep apnoea is far greater than women and that females may be more reluctant to go to their GP about problems such as snoring.

Margaret Dawson, 62, of York was so severely affected by sleep apnoea that she believes she would not be here today without the help of the sleep clinic.

Her condition got so bad she was falling asleep mid-conversation, was breathless and losing weight. The symptoms appeared two years after the death of her husband, and Margaret's family feared she had given up on life. She said: "It was a big relief to me



and my family when I was diagnosed with sleep apnoea so quickly. I had reached the stage where my heart was actually stopping and I would gasp for breath and that would jolt me awake. That was going on quite a few times each night. When I woke up on a morning, it felt like I had

never been to sleep. It took a while to get my treatment sorted out, but now I feel absolutely great. For the last nine years I have been wearing a special mask that helps me breathe normally through the night and I am now as active as ever."

**The Snoring  
Disorders Centre  
has been renamed**

**Sleeping Disorders  
Centre**

**Check out the new  
look website**



**SLEEPING DISORDERS CENTRE**  
*Sleep, the best Medicine!*

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## Sleep Apnoea and Behavioural Problems in Children

A study of more than 11 000 children followed for over six years has found that young children with sleep-disordered breathing are prone to developing behavioural difficulties such as hyperactivity and aggressiveness, as well as emotional symptoms and difficulty with peer relationships, according to researchers at Albert Einstein College of Medicine of Yeshiva University.

Their study, the largest and most comprehensive of its kind, published online in the Journal Pediatrics.

“This is the strongest evidence to date that snoring, mouth breathing, and apnoea [abnormally long pauses in breathing during sleep can have serious behavioural and social-emotional consequences for children,” said study leader Karen Bonuck, Ph.D., professor of family



and social medicine and of obstetrics & gynaecology and women's health at Einstein.

“Parents and paediatricians alike should be paying closer attention to sleep-disordered breathing in young children, perhaps as early as the first year of life.”

Children whose symptoms peaked early—at six or 18 months—were 40% and 50% more likely, respectively, to experience behavioural problems at age seven compared with normally-breathing children. Children with the most serious behavioural problems were those with SDB symptoms that persisted throughout the evaluation period and became most severe at 30 months.

Researchers believe that SDB could cause behavioural problems by affecting the brain in several ways: decreasing oxygen levels and increasing carbon dioxide levels in the prefrontal cortex; interrupting the restorative processes of sleep; and disrupting the balance of various cellular and chemical systems.

**The Sleeping Disorders Centre treated over 400 patients in the past year**  
**96% were very satisfied with the service they received**

**New Sleeping Disorders Centre private clinic now open at**  
**150 Harley Street**

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