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Iron Mountain, April 8

## **ADHD Symptoms In Children May Be Caused By Sleep Disorder**

Sleep apnea is a disorder where the airway collapses during sleep and causes a person to wake up, often several times, during the night.

"Their sleep is fragmented during the night which makes them very tired during the day," said sleep expert Paula Champhene from the U.P. Sleep Disorder Center in Iron Mountain.

But unlike adults, experts say, children become hyper when they don't get enough sleep. They often appear unfocused or out of control, symptoms often associated with ADHD, or attention deficit hyperactivity disorder.

Experts from the U.P. Sleep Disorder Center Iron Mountain were at the 8th annual "Big Day for Little Kids" fair, warning parents about the dangers of misdiagnosing a sleep disorder as ADHD. Experts say untreated sleep disorders could lead to serious health complications.

"It really works on your heart because when you're sleeping, your heart is supposed to be resting just like the rest of us. It's supposed to be nice and easy, but having those little pauses in your breathing can cause your heart rate to pick up, so your heart is working over time all night long, and for a little guy that can really do some damage to the heart after a while," said sleep expert Travis Lewis.

Experts recommend monitoring your child's sleep. Snoring should raise a red flag.

"Many times the problem is the adnoids and tonsils, and if you can get rid of those, it might clear the problem up for the child," said Lewis.

If the tonsil surgery doesn't work, there are other forms of treatment that keep the airways open at night to guarantee a good night's sleep.



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