

SNORING

Snoring is a common problem in children and adults

It can sometimes be a sign of obstruction in the nose or upper airway

Please talk to your pediatrician if you are concerned about your child's snoring. She will ask you a series of questions about his/her snoring, breathing and sleeping to determine if further investigations are required (ie-adenoid Xray, allergy testing or a referral to see an ENT specialist)

If your pediatrician thinks that the snoring is related to nasal/sinus congestion, the following recommendations can be very helpful and are highly recommended by our ENT colleagues:

- daily saline spray to the nose (ie-Hydrasense) for children under 4 years of age or a saline sinus rinse (ie-NeilMed rinse) for children 4 years and up. These are both over the counter medications and do not need a prescription .
- a steroid nasal spray might be prescribed (ie-Avamys, Nasonex or Flonase) to use before bed. This should be tried for at least a month to see if it is effective. Some children develop nosebleeds or headaches with these sprays-if these symptoms are severe, please talk to your pediatrician