

TREATMENT FOR SLEEP DISORDERED BREATHING

1. for snoring

conservative measures: avoid supine position, weight loss,
avoid CNS depressants (e.g. ETOH, sed-hypnotics),
“airway extension device”, “tongue retaining device”
nasal or airway surgery (e.g. straighten deviated septum,
remove tonsils)

2. for UARS or OSA

above conservative measures
CPAP – continuous positive airway pressure
BiPAP – bilevel positive airway pressure
surgery: straighten deviated septum, remove nasal polyps,
tonsillectomy, UPPP, extend mandible, relocate tongue forward
peer support group: AWAKE (Alive, Well, And Keeping Energetic)

3. for CSA

medications: respiratory stimulants (e.g. TheoDur, theophylline,
caffeine)

4. for SIDS, ALTE

place infant supine for sleeping
apnea monitor
do not let infant overheat
co-sleeping