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