

OSA in Children:

My child's symptoms



OSA is a breathing problem that happens during sleep.

If you think your child might have OSA, this form will help you to monitor your child's symptoms. Tick which symptoms your child usually has, then fill out the dates the symptoms happen.

You can take this form with you to appointments with your child's healthcare professional.

If your child is diagnosed with OSA, you can continue to use this form to monitor your child's symptoms after treatment starts.

Night time symptoms

My child's symptoms	Tick if your child has these symptoms	Date of symptoms					
Night time symptoms (when asleep)							
Snoring							
Pauses in breathing							
Gasps, snorts or choking sounds							
Restlessness and suddenly waking from sleep							
Difficult (laboured) breathing							
Sleeping with their head bent backwards							
Bed wetting							
Sweating							
Mouth breathing, dry mouth and bad breath							
Other (please state)							

Daytime symptoms

My child's symptoms	Tick if your child has these symptoms	Date of symptoms					
Daytime symptoms (when awake)							
Tiredness and sleepiness							
Changes in behaviour, for example being irritable and having tears and tantrums							
Hyperactivity, which may alternate with excessive sleepiness							
Poor concentration							
Poor or decreased performance at school							
Difficulty putting on weight							
Breathing through the mouth							
Early morning headache							
Other (please state)							

Call our helpline on **0300 222 5800**

We are here to help if you want:

- answers to your questions – whether it's about coping with symptoms, your rights or finding equipment
- clear and trustworthy information about breathing problems and living with a lung condition
- to get in touch with your local Asthma + Lung UK support group

Our friendly team are here Monday to Friday 9am to 5pm. Calling will cost the same as a local call. It's usually free, depending on your call package, even from a mobile.

Or visit **AsthmaAndLung.org.uk** to find support information or to join our web community

- get support and information **blf.org.uk/support-for-you**
- sign up to our newsletter **blf.org.uk/signup**
- find your local support group **blf.org.uk/breathe-easy**
- join our web community **healthunlocked.com/asthmalunguk-lung**

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