



Texas Children's Hospital



**Texas Children's Hospital  
Pulmonary**

**Sleep Apnea/Hypoventilation Educational Materials**

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**Description:**

- Known diagnosis of obstructive sleep apnea of hypoventilation and/or abnormal sleep study and/or persistent snoring or respiratory symptoms during sleep.

**Data Needed:**

Brief Clinical Summary or Recent Clinic Note that includes:

- Chief concern
- Growth Chart
- Sleep & Respiratory history
- All chest x-ray reports (copy of images if done outside TCH)
- Prior OTO evaluation (if done)
- Sleep study report (if done)

**Initial Work-up:**

- Order (or pre-order) diagnostic sleep study
- Chest x-ray
- If known cardiomegaly or abnormal sleep study, consider ECG
- If tonsillar or adenoid hypertrophy, consider OTO referral

**Referrals:**

- Snoring, particularly if observed apnea or frequent arousals
- Abnormal sleep study
- Associated symptoms/problems (such as daytime sleepiness, enuresis, school or behavior problems)
- Associated risk factors (such as craniofacial and neurologic impairment or muscle weakness, obesity, failure to thrive, tonsillar or adenoid hypertrophy)