



PRESS RELEASE

Almost 10% of young children snore regularly

a British study reveals for the first time.
Paediatricians and parents are urged to keep a careful eye – and ear!

Because of its link with sleep apnoea, at the centre of a growing interest, snoring is of increasing concern to lung specialists, and now also to paediatricians. Not only does it disturb sleep: in children it can cause various behavioural problems and educational difficulties, and can even lead to a rise in haemoglobin levels or blood pressure.

While the condition is quite common in adults over forty, it was thought to be relatively rare among children.

Yet a study carried out for five years on a group of 8700 children in the British county of Leicestershire by Claudia Kuehni and her colleagues, of the University of Bern (Switzerland) and University of Leicester (United Kingdom), concludes that only 40% of children aged 1-4 never snore. And, besides the 52% who snore occasionally, be it because of a cold or other short-term problem, no less than 8% snore every night!

In fact, the proportion of regular snorers rises with age from the start, increasing from 6% among one-year-old children to 13% among four-year-olds.

However, not all children who snore between the ages of one and four will continue to do so; in fact, only 46% of those who snored regularly before their fourth birthday continue to do so when aged between six and nine. Which means that about half of the 11% of snorers in the four to nine age group are new to the habit.

Original abstract title and authors

Natural history of habitual snoring in children

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