

# NO MORE SNORING FOR SNORING PUPPY!





*There once was a little puppy  
who snored a lot.*

*His brothers and sisters  
would sleep peacefully in their beds  
but he was always snoring and moving  
all over the bed all night.*



*At first, everybody thought  
it was funny,  
and made jokes and  
teased him about it.*





*However, soon everyone noticed  
that the little puppy was always tired  
and was not growing as well as the others.*



*Every morning his brother and sister  
were waking up happy  
and ready to play all day long.*



*The little puppy slept the same time  
as his brother and sister,  
but was still waking up tired!  
He could not keep up when playing with the others.  
He would just yawn and say,  
“Oh, I better go and sleep some more.”  
The puppy ALWAYS felt like he could take a nap,  
no matter what time it was.*





*His mom got very worried about the little puppy  
sleeping so much and not growing.  
“Something is wrong with his sleep,”  
she thought , and took him to the hospital.*



*"We need to watch how the little puppy sleeps,"  
said the sleep doctor.*

*"We want you to come to a special place  
in the hospital called the sleep lab".*





*In the evening , the little puppy  
and his mom came to the sleep lab.  
The doctor attached his special equipment to the  
little puppy's head, chest, and nose  
to learn more about his breathing while he slept.*



*The sleep doctor then went to his computer in the next room to watch how the little puppy was sleeping.*



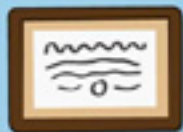
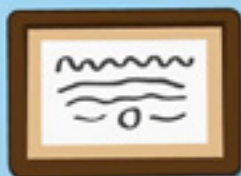


*During the night in the lab the doctor found out  
that the little puppy was snoring loud  
and his breathing was interrupted a lot.*

*He was waking up constantly and his sleep was very poor.  
“Now we know why you are always tired!” said the doctor.*



*Usually, when it happens in human kids,  
doctors first remove their tonsils.  
But we have another solution for you to try.*



*“There is a special machine called a “C-PUPPY”  
that you need to wear every night.  
It will help you rest well.”*

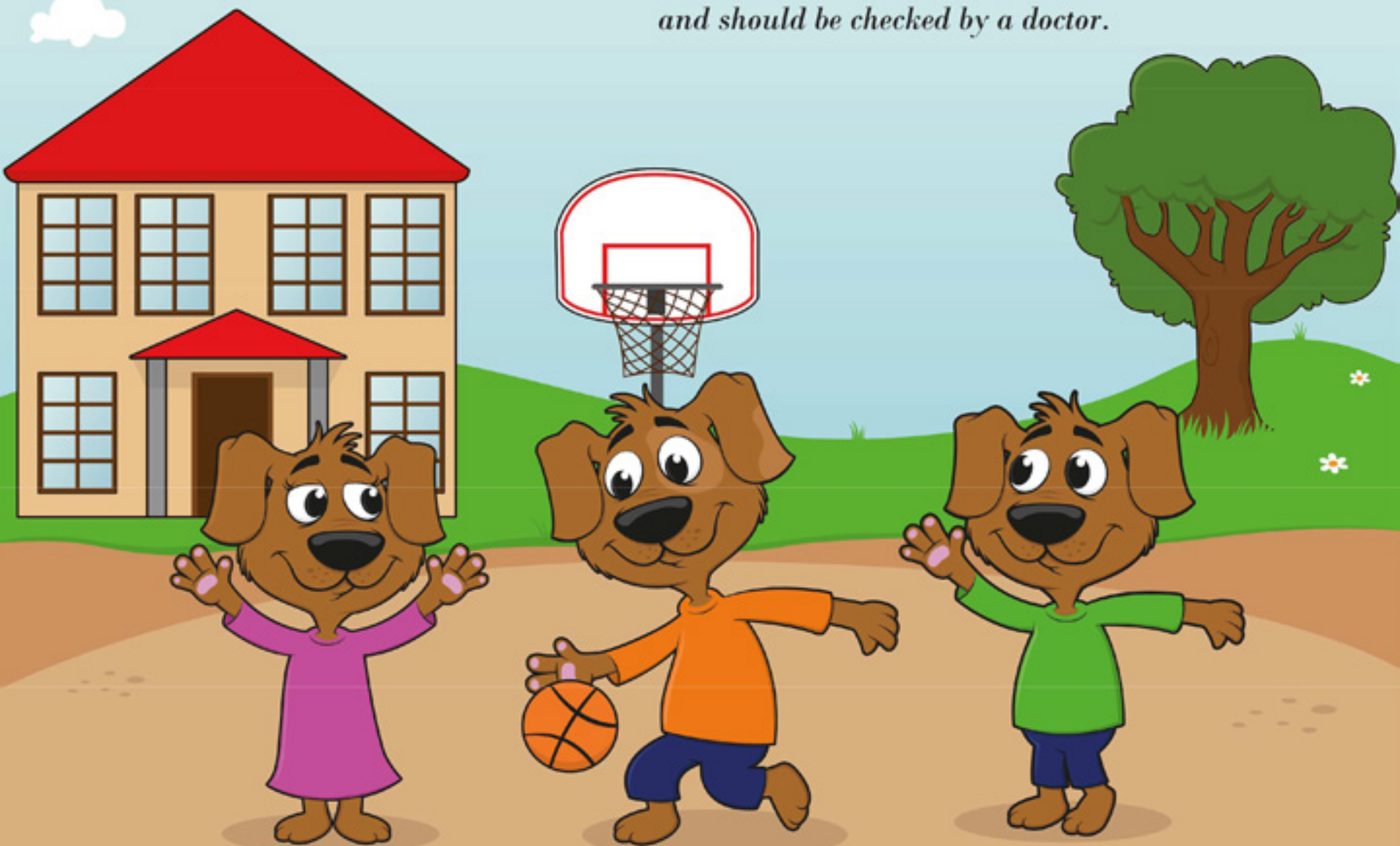


*The little puppy started to wear the mask every night.  
For the first time, he was waking up happy in the morning.  
He no longer felt tired and was ready  
to play with his friends all day long.*





*From that time on , no one ever laughed if someone snored.  
Everybody knew that snoring might not be something to joke about  
and should be checked by a doctor.*



*As a children's sleep doctor, and , most important, as a parent, I am always concerned about their wellness and growth. Healthy sleep is one of the pillars of proper brain development, emotional health, and successful learning. Obstructive sleep apnea is one of the disorders that can significantly affect children's sleep and is connected to poor growth, daytime fatigue, hyperactivity, learning and behavioral problems. The nighttime symptoms of the disorder are snoring, pauses in breathing, and restless sleep. During the day, children may have problems with learning and attention, be overactive or tired, and have difficulties managing their emotions. Early detection and treatment, usually consisting of tonsillectomy and, rarely, continuous positive airway pressure therapy (CPAP) is of paramount importance. I hope that this little book will increase your awareness and facilitate understanding of the process of the diagnosis and treatment of this common disorder.*

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