

# Secrets to a Healthy Start for a Successful School Year

Susie LaFredo, Marketing HealthyStart® by Ortho-Tain® July 13, 2018



HealthyStart® is a comprehensive, conservative, non-pharmaceutical, and non-invasive treatment which uses a child's own ability to guide and develop their growth and development while helping them get a quality night of sleep.

**Good health stems from good sleep. It is not about the quantity of sleep, it is about the quality. How do you know if your child is getting quality sleep?**

(Newswire.net -- July 13, 2018) Winnetka, IL -- **National statistics show that millions of children have been diagnosed with ADD/ADHD.** In fact, on average, every classroom of 30 students has 2-4 children with ADHD, many on medication. 46.5% miss school due to chronic allergies. 39.6% feel sleepy and/or irritable during the day. 34.7% have difficulty listening and focusing, often being disruptive in class. More than 18% of children wet the bed. That is almost 1 in 5 grade school age children. Unfortunately, many children are misdiagnosed and many more are left untreated which can lead to lifelong health problems.

**What if I were to tell you that all the health issues listed above are symptoms of something called Sleep-Related Breathing Disorder?** SRBD is the interruption of breathing impacting a child's ability to receive the appropriate amount of oxygen and preventing the ability for a child to obtain REM sleep, which is essential for proper growth and development. 9 out of 10 children suffer from SRBD. Is your child suffering? Quantity of sleep is no longer the issue, it's all about quality of sleep.

**As adults, we know when we do not sleep well**, and we can bring our symptoms to our doctor. Children, on the other hand, do not realize that they have had fragmented sleep. They do not know to tell their parents, and many parents do not know the habits or symptoms to look for in their child.

**Patient Form** 

Parent Name: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Age: \_\_\_\_\_ Male or Female: \_\_\_\_\_  
Current Dentist: \_\_\_\_\_ Current Pediatrician: \_\_\_\_\_

**Sleep Disordered Breathing Questionnaire for Children**  
Earl O. Bergersen, DDS, MSD

The initial column should be filled out at first appointment, and the follow up column should be completed after 3 months of treatment. Please identify the following symptoms your child exhibits with the scale indicating severity of symptoms. 0 = Not Present 1 = 2 Mild 3 Moderate 4 - 5 Pronounced

Does your child:

1. _____ Snore at all	14. _____ Talks in sleep
2. _____ Snore only infrequently (1 night/week)	15. _____ Poor ability in school
3. _____ Snore fairly often (2-4 nights/week)	16. _____ Falls asleep watching TV
4. _____ Snore habitually (5-7 nights/week)	17. _____ Wakes up at night
5. _____ Have labored, difficult, loud breathing at night	18. _____ Attention deficit
6. _____ Have interrupted snoring where breathing stops for 4 or more seconds	19. _____ Restless sleep
7. _____ Have stoppage of breathing more than 2 times in an hour	20. _____ Grinds teeth
8. _____ Hyperactive	21. _____ Frequent throat infections
9. _____ Mouth breathes during day	22. _____ Feels sleepy and/or irritable during the day
10. _____ Mouth breathes while sleeping	23. _____ Have a hard time listening and often interrupts
11. _____ Frequent headaches in morning	24. _____ Fidgets with hands or does not sit quietly
12. _____ Allergic symptoms	25. _____ Ever wets the bed
13. _____ Excessive sweating while asleep	26. _____ Bluish color at night or during the day
	27. _____ Speech Problems * <small>* If yes, provide parent speech questionnaire</small>

Was your reason for coming to this doctor for sleep or dental issues: \_\_\_\_\_

Based on Shaw et al. 2009; Westbroeker et al. 2004; AM Thoracic Soc Stand. 1996; Akinwale et al. 2010

**Speech Questionnaire**  
To be filled out only if #27 was indicated above

Please check all that apply to your child:

28. _____ Is it difficult to understand your child's speech?	33. _____ Gets frustrated when people can't understand speech?
29. _____ Difficult to understand over the phone?	34. _____ Sometimes omits consonants
30. _____ Nasal speech?	35. _____ Uses M, N, NG instead of P, F, V, S, Z sounds
31. _____ Speech sounds abnormal?	36. _____ Hoarseness
32. _____ Others have difficulty understanding speech?	37. _____ Lisp
	38. _____ Any speech therapy? How Long? _____

Based on Bar et al. 2007  
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**How do you know if your child gets quality sleep each night?** Take a moment to fill out a sleep questionnaire (<https://www.thehealthystart.com/guest-speech-questionnaire>) so you can begin to evaluate the quality of your child's sleep. Mouth breathing, tossing and turning, bed wetting, teeth grinding, bad dreams, and sleep walking are just some of the signs of SRBD that can affect a child's sleep and even negatively affect the whole family. These symptoms do not self-correct, in fact 92.6% of children will continue to exhibit these symptoms throughout their life and 30% will worsen with age. (JAOS, Brooke Stevens and Dr. Earl Bergersen)

**Who can a parent call to help my child?** Oral physicians who are certified and trained to assess and treat airway and SRBD can help your child. Parents should be very concerned that their child is not getting a quality night of sleep. The underlying root causes of SRBD include: a compromised airway, a narrow upper palate preventing the tongue from resting in the proper position (in the upper palate), as well as being a mouth breather rather than a nasal

breather.

**Is there a solution for a child with SRBD?** Yes, HealthyStart®

**What is HealthyStart®:** HealthyStart® is a comprehensive, conservative, non-pharmaceutical, and non-invasive treatment which uses a child's own ability to guide and develop their growth and development while helping them get a quality night of sleep. HealthyStart® is also a great alternative to straightening teeth without braces.

This type of treatment is less expensive than braces, more permanent, addresses both health and dental conditions, and usually takes less time. A win-win for life.

**How old does my child have to be to use HealthyStart®?**

The HealthyStart® system can treat children as young as two.

Addressing children during their growing years is critical for permanent change – so timing is of the essence. Do not let time slip by. Waiting can put your children in a position that their growth and development has already occurred and therefore missed their opportunity for permanent change.

Older children and adults realize that

treatment for sleep issues can only occur with a day-to-day treatment offering a band-aid type of treatment.

**Visit the Doctor locator to find a certified Dental Professional in your area** . Many offer the airway assessment complimentary (be sure to mention that you would like a Healthy Start airway assessment for your child)

<https://www.thehealthystart.com>



The graphic is a promotional poster for 'Back to School' with a 'HealthyStart' logo. It features a smiling young boy in a plaid shirt pointing towards the text. The text includes the question 'Are you ready??', a call to action to schedule a 'HealthyStart® Sleep Evaluation and Dental Check-up for your Child Today!', and information on how to find a certified dental provider, including the website [www.thehealthystart.com](http://www.thehealthystart.com).



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**About HealthyStart® by Ortho-Tain®**

With over 4 million cases, HealthyStart® by Ortho-Tain® has been positively impacting children's health for 51+ years. The HealthyStart® Appliance System works with the natural growth and development of the child, passively at night while the child is sleeping. Pain-free, non-pharmaceutical, FDA Cleared and American Made.

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