

CPAP (Children’s Positive Airway Pressure) Program Newsletter Fall/Winter 2023



Healthy Back-to-School Sleep Habits

Kids and teens often enjoy staying up later and waking up later during the summer break. But this can make the return to school difficult. Also, sometimes kids also get out of the habit of using their CPAP or BiPAP™ nightly, causing sleepy kids. Not only can poor sleep or not enough sleep make your child tired and cranky, it can affect their ability to think, their behavior, and their health. How can you help your child restore or start healthy sleep habits?

- ◆ Stick to the same bedtime and wake time even on the weekends
- ◆ Have no screen time at least 30 minutes before bed. Blue light from devices makes it harder to fall asleep
- ◆ Use beds only for sleeping. Do homework at a table or desk and watch TV outside of the bedroom
- ◆ Find a soothing bedtime routine
- ◆ Avoid long naps after school
- ◆ Set up the CPAP or BiPAP™ bedside and put the mask on the pillow to remind your child
- ◆ Check that your child is wearing their sleep mask before you go to bed
- ◆ Download the MyAir (ResMed) or DreamMapper (Respironics) app to check how often your child is using their sleep mask
- ◆ Start a reward system for using the CPAP or BiPAP™

If it feels like too much to do all of this at once, why not pick one or two new habits to start this week and then add a new one every week? It will be worth it to know you’re helping your child have healthy sleep!

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Welcome Dr. Kaylene Fiala!

Hello! My name is Dr. Kaylene Fiala, and I recently joined Children's Wisconsin as a pediatric sleep neurologist. I am so happy to be here as Milwaukee is one of my favorite places in Wisconsin. Before medical school at UW SMPH, I was a Spanish/English Special Education teacher on the south side of Milwaukee. Then I completed my child neurology residency at the University of Chicago and my sleep medicine fellowship at MCW. In my free time, I love spending time with family, reading, and enjoying the outdoors.



Dr. Kaylene Fiala

Ask a Respiratory Therapist: What Should I Know About Mouth Breathing?

Mouth breathing vs. nasal breathing has been getting more attention in both the medical world and in the news. If your child mouth breathes, you might wonder if you should be concerned. Here's the down-low on mouth breathing vs. nasal breathing.

Science has shown that breathing through the nose serves several important functions:

1. Heats the air up to body temperature before it reaches the lungs
2. Humidifies the air so the lungs and mucus don't get too dried out
3. Filters out allergens, pollutants, and microbes so they don't reach the lungs

Basically, it's ideal to breathe through our nose whenever possible. However, some kids and teens have trouble breathing through their nose because of allergies, sinus issues, or airway problems. Some kids breathe through their nose during the day, but have trouble once they go to sleep. This can be caused by allergies or other sinus problems. Other children and teens struggle to breathe through their nose day and night, often because of how their mouth, throat, and/or nose is made.

What about mouth breathing and CPAP or BiPAP™? If mouth-breathing is due to obstructive sleep apnea (OSA), the mouth breathing can go away when the OSA is treated with CPAP (Continuous Positive Airway Pressure) and a nasal mask. A nasal mask or nasal pillows can be easier to tolerate than a full-face CPAP mask. But if a child or teen still can't breathe through their nose despite having CPAP or BiPAP™, a full-face mask is a good option. Although nasal breathing is ideal, there's nothing dangerous about mouth breathing. And the CPAP or BiPAP™ machine will humidify and warm the air like the nose would.

You might wonder if there are ways to reduce mouth breathing? The first thing is to find out why your child mouth breathes. Your sleep provider can likely help you with this.

For instance, if your child's mouth breathing seems to be caused by allergies, your provider might suggest nasal sprays or rinses and avoiding allergy triggers. Or if your child's airway is narrow, your sleep provider might refer you to an Ear, Nose and Throat specialist. Feel free to ask your respiratory therapist or sleep provider about this next time you come to CPAP clinic!



It's a great idea to have your child get their vaccines before the cold winter weather sets in. When kids and teens are up-to-date on their vaccinations, they're less likely to get sick, and if they do get sick, these vaccines can reduce how severe the symptoms are.

Visit www.childrenswi.org to schedule an appointment for your child. Your child can get both the flu shot and the COVID-19 booster at the same time.

**Don't forget your
child's flu shot and
COVID-19 booster!**



Five Healthy Eating Habits for Children

By Lauren M. Castner, DO

Sleep is vital to a healthy life, but it is also important that children learn healthy eating habits and have a good relationship with food. Healthy bodies come in all sizes, but if you have any concerns about your child's weight, please talk to your child's doctor.

These habits can be used as soon as a child begins eating and will help them even into their teens.

Family meals – This creates a soothing ritual for both the parent and child that allows families to connect and catch up, take a break from screens, let children try new foods, and model healthy eating. Try to schedule as many meals together as possible or a weekly family dinner.

Serve a variety of healthy foods – Having healthy foods at home allows children to make healthy choices. Include healthy choices in your regular meal routine so fast food or low-nutrient snacks aren't your child's first choice.

Be a role model – The best way to help your child to eat healthy is to take care of yourself and eat well. Children will follow the lead of adults and you can teach them to try a variety of different foods and how to listen to their bodies. Avoid dieting or complaining about your body to prevent negative feelings in children, and instead discuss how your body feels after eating certain foods.

Avoid food battles – Caregivers can control when and which foods are available, but children can control what they consume. Aim for scheduled meals and snacks, and allow a child to choose what to eat from their plate and how much. Please discuss worries about child's picky eating with your doctor.



Apple Harvest Oatmeal

- ½ Cup Dry Rolled Oats
- 1 cup water, milk, or non-dairy milk
- 1 Apple, diced
- 1 tsp Cinnamon
- ¼ tsp Ginger
- Sprinkle of Nutmeg

Combine oats, milk or water, and apples in pot. Heat to medium heat and begin to boil. Reduce heat to low and allow to simmer until desired thickness. Stir regularly. Turn off heat. Add cinnamon, ginger, and nutmeg and stir before serving.

Finding Your Way

Recently, the entrance to the new Craig Yabuki Tower opened at the Milwaukee campus. So finding your way to the CPAP clinic will be a little different next time. What's changed? You can now find the valet service at the entrance to the Craig Yabuki building. The CPAP clinic is located on the second floor of this building.

If you park in the north parking structure, you will now take a new skywalk located on *level three* of the parking structure. This new skywalk will take you to the *second floor* of the Craig Yabuki Tower and the CPAP clinic is right on that floor.

To help you find your way, download our free app called Children's Compass. You can get interactive step-by-step directions, as well as other helpful features to help you plan your visit and find your way. It's available on the Apple App Store and Google Play. We can't wait to see you soon at your next clinic visit!



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Kids deserve the best.