



The Sacramento Dentistry Group Considers Fetal Growth and Maternal Sleep Apnea

SACRAMENTO, CA—April 5, 2016—A recent question posed to the website of the Sacramento Dentistry Group asked what effect maternal sleep apnea might have on an unborn child. Interestingly enough, researchers have done many studies examining pregnancy disorders and sleep apnea, but one study from Australia especially touches on this question by reporting the connection between sleep apnea and reduced fetal growth.

It should be mentioned that the study was small, screening nearly four hundred pregnant women to study only 41 considered at risk for obstructive sleep apnea and 27 prospective mothers without significant sleep apnea symptoms (to serve as controls). Nevertheless, the results were significant and obviously important to women with sleep apnea who want to have children. Scientists from four different medical institutions in Melbourne, Australia conducted the research.

What the Study Says

After monitoring the women and unborn children during pregnancy and then testing the babies after birth, the research found that 43% of the women with confirmed sleep apnea had children that did demonstrate impaired fetal growth, compared to 11% of the women without sleep apnea. With this evidence, the doctors concluded that sleep apnea “may be associated with reduced fetal growth in late pregnancy.” They ended by suggesting further study on the topic.

The many studies on pregnancy and sleep apnea consider different issues and maladies believed to have a connection with sleep disorders. With all of these, the key point is this: if a prospective mother believes she may have sleep apnea, her best course of action is to consult on the topic with her doctor, both for her own health and that of the unborn child. When sleep apnea is diagnosed, it is advisable to act quickly to remedy the problem.

There are [dental solutions](#) for many sleep apnea sufferers, and these may act separately from or alongside standard medical treatments. The dentists at the Sacramento Dentistry Group have extensively studied the sleep apnea issue and offer assistance both with [sleep testing](#) and [therapies](#) that [improve](#) nighttime breathing and sleep patterns. For more information or a consultation about [sleep apnea solutions](#), contact the Sacramento Dentistry Group at 916-538-6900, use their website at [sacramentodentistry.com](#) or visit their office at 1105 E Street in downtown Sacramento.