

## PEDIATRIC SCORING CHEAT SHEET

Use for patients 0-12 years old.

**The AASM Manual for the Scoring of Sleep and Associated Events** (2007), especially the Visual Rules for Children (pages 32-35) and the Respiratory Rules for Children (pages 48-49).

- ▶ Arousal: same as adult
  - 3 sec bump in EEG after 10 sec stable sleep (+chin in REM)
- ▶ Movement: same as adult except
  - Watch for common pediatric features:
    - Rhythmic Movement Disorder: 0.5-2Hz x >4 + video
    - Parasomnias: observe & document in the notes
    - Increased spontaneous movements in ADHD
- ▶ Cardiac: same as adult except
  - Resting pulse of 90/min is not necessarily tachycardia <8yo
- ▶ **Respiratory Rules for Children (use for patients 0-12 years old)**
- ▶ Obstructive Apnea:
  - >90% drop in flow with continued respiratory effort for duration of 2 breaths, **not** 10 seconds
    - ▶ If respiratory rate is 12/min (common for >12 yo), duration of 2 breaths would be **10 sec** (60sec/12 x2=10 sec)
    - ▶ If respiratory rate is 15/min (common for 6-12 yo), duration of 2 breaths would be **8 sec** (60sec/15 x2=8 sec)
    - ▶ If respiratory rate is 20/min (common for 1-6 yo), duration of 2 breaths would be **6 sec** (60sec/20 x2=6 sec)
  - Does **not** require arousal or desaturation
- ▶ Mixed apnea:
  - same as adult except duration is 2 breaths, not 10 seconds
- ▶ Central apnea:
  - Absent respiratory effort for 20 seconds **OR**
  - Absent respiratory effort for duration of 2 breaths
    - ▶ + arousal **or** 3% desaturation
- ▶ Hypopnea:
  - Similar to 4B for adults (except 2 breaths, not 10 seconds)
  - 50% drop in flow for duration of 2 breaths
    - ▶ + arousal **or** 3% desaturation
  - Note: Hypopnea doesn't have to have a desat; can have an arousal instead!
- ▶ RERA
  - <50% drop in flow for duration of 2 breaths AND flattening of nasal pressure waveform AND observed snoring, labored breathing, or bump in ETCO<sub>2</sub>
  - Note: RERA doesn't need an arousal!
- ▶ Hypoventilation
  - ETCO<sub>2</sub>>50mm Hg >25% of TST
  - ETCO<sub>2</sub> will read falsely low if the patient is congested or mouth-breathing.
- ▶ Periodic Breathing
  - >3 periods of absent effort lasting >3 seconds and separated by <20 seconds of normal breathing