

# **Prevalence of snoring and associated factors in infancy**

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## Introduction

In children aged 3–12 years snoring is associated with significant neurocognitive and behavioural deficits; however, there are few studies that have considered both the prevalence of snoring in infants and associated factors that may influence the development of snoring. The goal of the present study was to examine sleep, snoring and associated factors in a community sample of 0–3 month olds.

## Methods

Previously validated infant sleep and parent sleep questionnaires were completed by parents of 457 term infants aged 1–13.9 weeks old (mean age = 4.6 weeks; SD = 2.7; 45% males) during a home-based nurse visit.

## Results

Approximately 9% of infants were reported to snore habitually (snoring  $\geq$  3 nights/week). Habitual snoring was significantly associated with exclusive formula feeding (OR: 28.87;  $p < .01$ ), maternal concern about child's breathing during sleep (OR: 3.91;  $p = .01$ ) and restless sleep  $\geq$  3 nights/week (OR: 17.76;  $p < .001$ ).

## Conclusion

These results show that snoring is as common in infants as it is in older children. Given the known relationships between Sleep Disordered Breathing (SDB) and neurocognitive development, the effect of SDB developing early in childhood may have important consequences on future developmental outcomes.