

Snoring in Preschool Children* (*Chest*. 2003;124:587-593.)
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Prevalence and Association With Nocturnal Cough and Asthma

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Introduction: The association between snoring, nocturnal cough, and allergic symptoms in young children is not known.

Objective: To measure the prevalence of habitual snoring and its association with nocturnal cough, asthma, and hay fever in preschool children.

Setting: A cross-sectional study.

Subjects: Preschool children aged 2 to 5 years.

Method: The data were collected in a cross-sectional study. A total of 974 children were randomly selected from two areas of Lismore and Wagga Wagga in New South Wales, Australia.

Results: The prevalence of snoring was 10.5%, with no gender difference ($p = 0.99$) or trend association with age ($p = 0.58$). The association between snoring and nocturnal cough was highly significant (odds ratio [OR], 3.68; 95% confidence interval [CI], 2.41 to 5.63; $p = 0.001$). This association was significant in both the nonasthmatic and asthmatic groups when examined separately. Snoring was also significantly associated with asthma (OR, 2.03; 95% CI, 1.34 to 3.10; $p = 0.001$). In subjects without hay fever, the association between snoring and asthma was also highly significant (41.2% vs 24.8%; OR, 2.12; 95% CI, 1.34 to 3.37; $p = 0.001$).

Conclusion: The prevalence of snoring in preschool children was 10.5% for both genders. Snoring was significantly associated with both nocturnal cough and asthma. Because snoring, asthma, and nocturnal cough may have a common etiology, it is possible that effective treatment of one symptom may lead to reductions in the presence or severity of the other symptoms.

Key Words: allergy • asthma • obstructive sleep apnea syndrome • persistent nocturnal cough • snoring

