# TABLE 1. Socio - demographic characteristics of participants at baseline

| **Characteristics** | **Before** |
| --- | --- |
| Age | 4.57±1.96 |
| 2-5 yrs | 57(72) |
| 6-10 yrs | 22(28) |
| Gender, n(%) |  |
| Male | 47(59) |
| Female | 32(41) |
| Asthma, n(%) | 26(33) |
| Allergic rhinitis, n(%) | 42(53) |
| BMI(kg/m^2) | 14.43±2.22 |
| Birth weight category, n(%) |  |
| <2.5 kgs | 8(10) |
| >=2.5 kgs | 71(90) |
| Hospital category, n(%) |  |
| Private | 14(18) |
| Public | 65(82) |
| BMI category, n(%) |  |
| Underweight | 4(5) |
| Normal | 63(80) |
| Overweight | 8(10) |
| Obese | 4(5) |
| Height | 109.99±17.55 |
| SDB,n(%) | 58(73) |
| OSA,n(%) | 44(56) |
| Smoking |  |
| No | 58(73) |
| Yes | 21(27) |
| Salbutamol inhaler (eg Ventolin) |  |
| No | 31(39) |
| Yes | 48(61) |
| Oral steroid (prednisolone) |  |
| No | 64(81) |
| Yes | 15(19) |
| Child known to have allergic rhinitis? |  |
| No | 74(94) |
| Yes | 5(6) |
| Rhinorhoea and nasal obstruction lasting longer than two weeks. |  |
| almost always | 5(6) |
| frequently | 6(8) |
| never | 55(70) |
| occassionaly | 2(3) |
| rarely | 11(14) |
| A4-snore badly |  |
| No | 57(72) |
| Yes | 22(28) |
| A7-SEEN YOUR CHILD STOP BREATHING DURING THE NIGHT? |  |
| Dont know | 1(1) |
| No | 40(51) |
| Yes | 38(48) |
| B1- wake up feeling unrefreshed in the morning? |  |
| No | 48(61) |
| Yes | 31(39) |
| 6. HARD TO WAKE CHILD UP ?B6 |  |
| No | 73(92) |
| Yes | 6(8) |
| 9. CHILD OVERWEIGHT?B22 |  |
| almost always | 34(43) |
| frequently | 9(11) |
| never | 18(23) |
| occassionaly | 9(11) |
| rarely | 9(11) |
| C18- interrupts or intrudes on others eg. butts into conversation |  |
| Dont know | 2(3) |
| No | 59(75) |
| Yes | 18(23) |
| Concerns about your child breathing while asleep? |  |
| Dont know | 1(1) |
| No | 62(78) |
| Yes | 16(20) |
| A4-snore badly |  |
| Dont know | 4(5) |
| No | 27(34) |
| Yes | 48(61) |
| A24- Tend to breathe through the mouth during the day? |  |
| Dont know | 1(1) |
| No | 35(44) |
| Yes | 43(54) |
| B2- have a problem with sleepiness during the day? |  |
| No | 74(94) |
| Yes | 5(6) |
| 7. WAKE UP WITH HEADACHES ?B7 |  |
| Dont know | 2(3) |
| No | 27(34) |
| Yes | 50(63) |
| C5- has difficulty organizing task and activity? |  |
| Dont know | 1(1) |
| No | 57(72) |
| Yes | 21(27) |
| C18- interrupts or intrudes on others eg. butts into conversation |  |
| Dont know | 1(1) |
| No | 39(49) |
| Yes | 39(49) |
| Concerns about your child breathing while asleep? |  |
| No | 41(52) |
| Yes | 38(48) |
| Child known to have asthma? |  |
| Dont know | 3(4) |
| No | 48(61) |
| Yes | 28(35) |
| Ventolin syrup |  |
| No | 73(92) |
| Yes | 6(8) |
| Antihistamine |  |
| No | 76(96) |
| Yes | 3(4) |
| Persistent itching or rubbing of the nose |  |
| No | 74(94) |
| Yes | 5(6) |
| Child use antacids(Gaviscon) or proton pump inhibitors? |  |
| No | 67(85) |
| Yes | 12(15) |
| A3-always snore |  |
| No | 34(43) |
| Yes | 45(57) |
| A6- has trouble breathing or struggle to breathe |  |
| Dont know | 3(4) |
| No | 73(92) |
| Yes | 3(4) |
| A32- for children above 4yrs;occasionally wet the bed? |  |
| No | 70(89) |
| Yes | 9(11) |
| 5. APPEARS SLEEPY DURING THE DAY?B4 |  |
| Dont know | 1(1) |
| No | 29(37) |
| Yes | 49(62) |
| 9. CHILD OVERWEIGHT?B22 |  |
| almost always | 3(4) |
| frequently | 1(1) |
| never | 65(82) |
| occassionaly | 6(8) |
| rarely | 4(5) |
| C18- interrupts or intrudes on others eg. butts into conversation |  |
| Dont know | 1(1) |
| No | 60(76) |
| Yes | 18(23) |
| Concerns about your child breathing while asleep? |  |
| Dont know | 4(5) |
| No | 63(80) |
| Yes | 12(15) |
| A4-snore badly |  |
| No | 76(96) |
| Yes | 3(4) |
| A7-SEEN YOUR CHILD STOP BREATHING DURING THE NIGHT? |  |
| Dont know | 1(1) |
| No | 30(38) |
| Yes | 48(61) |
| B1- wake up feeling unrefreshed in the morning? |  |
| Dont know | 2(3) |
| No | 31(39) |
| Yes | 46(58) |
| 7. WAKE UP WITH HEADACHES ?B7 |  |
| Dont know | 1(1) |
| No | 27(34) |
| Yes | 51(65) |
| C5- has difficulty organizing task and activity? |  |
| almost always | 47(59) |
| frequently | 12(15) |
| never | 6(8) |
| occassionaly | 4(5) |
| rarely | 10(13) |
| Have you witnessed an apnoea during sleep? |  |
| No | 18(23) |
| Yes | 61(77) |
| Child snore while asleep? |  |
| Dont know | 2(3) |
| No | 54(68) |
| Yes | 23(29) |
| Salbutamol inhaler (eg Ventolin) |  |
| Dont know | 2(3) |
| No | 46(58) |
| Yes | 31(39) |
| Nebulization |  |
| almost always | 28(35) |
| frequently | 9(11) |
| never | 20(25) |
| occassionaly | 13(16) |
| rarely | 9(11) |
| Chils used steroid nasal sprays or drops (last three months?) |  |
| Dont know | 3(4) |
| No | 57(72) |
| Yes | 19(24) |
| A3-always snore |  |
| Dont know | 5(6) |
| No | 38(48) |
| Yes | 36(46) |
| A7-SEEN YOUR CHILD STOP BREATHING DURING THE NIGHT? |  |
| Dont know | 32(41) |
| No | 26(33) |
| Yes | 21(27) |
| B1- wake up feeling unrefreshed in the morning? |  |
| No | 62(78) |
| Yes | 17(22) |

# TABLE 2. Socio - demographic characteristics of participants post surgery

| **Characteristics** | **After** |
| --- | --- |
| Age | 4.57±1.96 |
| 2-5 yrs | 57(72) |
| 6-10 yrs | 22(28) |
| Gender, n(%) |  |
| Male | 47(59) |
| Female | 32(41) |
| Asthma, n(%) | 26(33) |
| Allergic rhinitis, n(%) | 42(53) |
| BMI(kg/m^2) | 14.43±2.22 |
| Birth weight category, n(%) |  |
| <2.5 kgs | 8(10) |
| >=2.5 kgs | 71(90) |
| Hospital category, n(%) |  |
| Private | 14(18) |
| Public | 65(82) |
| BMI category, n(%) |  |
| Underweight | 4(5) |
| Normal | 63(80) |
| Overweight | 8(10) |
| Obese | 4(5) |
| Height | 109.99±17.55 |
| SDB,n(%) | 58(73) |
| OSA,n(%) | 44(56) |
| Smoking |  |
| No | 32(41) |
| Yes | 47(59) |
| Salbutamol inhaler (eg Ventolin) |  |
| never | 79(100) |
| Ventolin syrup |  |
| Dont know | 1(1) |
| No | 68(86) |
| Yes | 10(13) |
| Child known to have allergic rhinitis? |  |
| almost always | 11(14) |
| frequently | 3(4) |
| never | 55(70) |
| occassionaly | 3(4) |
| rarely | 7(9) |
| Child exposed to cigarette smoke ? |  |
| Dont know | 1(1) |
| No | 49(62) |
| Yes | 29(37) |
| A5-Have heavy or loud breathing |  |
| No | 63(80) |
| Yes | 16(20) |
| A24- Tend to breathe through the mouth during the day? |  |
| Dont know | 1(1) |
| No | 38(48) |
| Yes | 40(51) |
| B2- have a problem with sleepiness during the day? |  |
| No | 71(90) |
| Yes | 8(10) |
| 7. WAKE UP WITH HEADACHES ?B7 |  |
| No | 73(92) |
| Yes | 6(8) |
| C3-listen when spoken to directly? |  |
| No | 37(47) |
| Yes | 42(53) |
| C10- fidgets with hands or feet or squirms in seat? |  |
| No | 53(67) |
| Yes | 26(33) |
| Shake your child to breathe? |  |
| No | 77(97) |
| Yes | 2(3) |
| Concerns about your child breathing while asleep? |  |
| No | 59(75) |
| Yes | 20(25) |
| A3-always snore |  |
| Dont know | 2(3) |
| No | 75(95) |
| Yes | 2(3) |
| A7-SEEN YOUR CHILD STOP BREATHING DURING THE NIGHT? |  |
| never | 79(100) |
| A25-tend to have a dry mouth on waking up in the morning? |  |
| Dont know | 2(3) |
| No | 76(96) |
| Yes | 1(1) |
| 5. APPEARS SLEEPY DURING THE DAY?B4 |  |
| No | 70(89) |
| Yes | 9(11) |
| 8. STOPPED GROWING AT A NORMAL RATE AT ANY TIME SINCE BIRTH?B9. |  |
| No | 76(96) |
| Yes | 3(4) |
| C5- has difficulty organizing task and activity? |  |
| No | 71(90) |
| Yes | 8(10) |
| C14-is on the go or often acts as if driven by a motor?. |  |
| No | 75(95) |
| Yes | 4(5) |
| Have you witnessed an apnoea during sleep? |  |
| almost always | 2(3) |
| frequently | 6(8) |
| never | 56(71) |
| occassionaly | 6(8) |
| rarely | 9(11) |
| He/she had wheezing in the last 3 months? |  |
| No | 75(95) |
| Yes | 4(5) |
| Ventolin syrup |  |
| almost always | 1(1) |
| never | 74(94) |
| occassionaly | 2(3) |
| rarely | 2(3) |
| Persistent sneezing |  |
| No | 69(87) |
| Yes | 10(13) |
| Chils used steroid nasal sprays or drops (last three months?) |  |
| No | 61(77) |
| Yes | 18(23) |
| A2-snore more than half the time |  |
| Dont know | 33(42) |
| No | 20(25) |
| Yes | 26(33) |