POSA is less common in children compared to adults. Children with POSA tend to be older, more obese and have less severe OSA. POSA is not a REM-related phenomenon in children.

Although POSA is extensively studied in adults, little is known about POSA in children. We report the prevalence and risk factors for POSA in children in a retrospective cross-sectional analysis, conducted at the Antwerp University Hospital.

POSA was significantly more prevalent in children with obesity (p=0.02) or a history of prior adenotonsillectomy (p=0.03) compared to the group of otherwise healthy children with OSA. The prevalence of POSA was 22.2% in children with Down syndrome (n=27).

Future studies should investigate:
* the prevalence of POSA in specific subgroups
* upper airway characteristics of children with POSA
* the role of positional therapy