

What is Apnea, and how do you treat it?

“Apnea is basically defined as a baby who stops breathing. Most babies will actually outgrow apnea of prematurity when they reach about 35 weeks of gestation. So, it's very common for babies under 35 weeks to occasionally have apnea of prematurity. And the treatment for apnea of prematurity currently is a combination of caffeine, as well as monitoring an occasional tactile stimulation that the nurses will provide.”