

Social Media Posts (20)

Facebook —8

1. Pediatric sleep disorders can take a toll on a child's physical and mental health. If they aren't getting 9 hours of sleep, you should consider visiting a pediatric specialist. Find out the causes and symptoms of common pediatric sleep disorders: (Link **Article 1: Everything you Need to Know about Sleep Disorders in Children**)
2. Coughing, sneezing, runny noses, and watering eyes... seasonal allergies are upon us with all their vengeance. If your child is prone to seasonal allergies, here are some ways you can help them: (Link **Article 2: 'X' Ways to Help Your Child through Seasonal Allergies**)
3. Do restless legs or excessive snoring keep you awake at night? Visit the Sleep Center of the South West to find out the root cause of your troubled slumber, find out the conditions you can gain relief from: <https://johndbraymd.com/sleep-center-of-the-southwest.html>
4. Childhood asthma is the most common condition affecting our young patients. With many of the diagnoses occurring around the age of 6, it's important to detect the early signs of its onset. Read about asthma's warning signs: (Link **Blog 1: 'X' Warning Signs Your Child May Have Asthma**)
5. Almost 12 percent of children report having a sleep disorder. Living with these conditions, especially in childhood, can have an impact on their behaviors, moods, and development. Read more about the detrimental effects of sleep disorders: (Link **Blog 2: This is How Sleep Disorders Can Affect Your Quality of Life**)
6. If your child frequently experiences bouts of pneumonia, there may be an underlying condition that's demanding your attention. Here are some of them: (Link **Blog 3: The Underlying Illnesses Recurrent Pneumonia Hints At**)
7. Is surgery the only treatment for sinus infections? Is sinusitis contagious? Are you just experiencing allergy symptoms? We've debunked all the common sinus myths for you, read on: (Link **Blog 4: Sinus Infections: Facts vs. Myths**)
8. Dr. Bray is one of West Texas and Eastern New Mexico's leading pediatric pulmonologists, read about his comprehensive treatment plans for children struggling with breathing and sleep disorders here: (Link **PR 1: Dr. John D. Bray Offers**)

Comprehensive Treatments for Breathing and Sleep Disorders to Patients in West Texas and Eastern New Mexico)

Twitter—8

1. With over 70 million U.S. adults struggling with #sleepdisorders, it's necessary to help your child manage the conditions that are keeping them awake—or making it impossible to wake up! Read more: (Link **Article 1: Everything you Need to Know about Sleep Disorders in Children**)
2. With spring #allergies coming around in full bloom, it's important to help your child cope with the symptoms that make their lives tricky. Find out what you can do: (Link **Article 2: 'X' Ways to Help Your Child through Seasonal Allergies**)
3. Adults and #children alike experience #troubled sleep and #sleep #disorders. Whether it's a lack of sleep or too much of it, visit our Sleep Center of the South West in Midland, near Odessa, Texas and seek effective treatments. Find out more: <https://bit.ly/37neYql>
4. With 8.3 percent of #children living with #asthma, it's important to notice the warning signs early so you can work to manage them better. Here are some symptoms of asthma to look out for: (Link **Blog 1: 'X' Warning Signs Your Child May Have Asthma**)
5. #Insomnia, snoring, #sleepapnea, and arousal disorders are just some of the many sleep disorders that affect about 50 to 70 million Americans. Read more about how sleep disorders impact your life: (Link **Blog 2: This is How Sleep Disorders Can Affect Your Quality of Life**)
6. Every year, about 120 million episodes of #pneumonia affect children under 5 years of age. The recurrent problem may spell a deeper underlying health concern that requires #medical attention; here are some of them: (Link **Blog 3: The Underlying Illnesses Recurrent Pneumonia Hints At**)
7. Do you have questions about #sinus infections? We've debunked all the myths and compiled all the sinus infection facts you need to know: (Link **Blog 4: Sinus Infections: Facts vs. Myths**)
8. As one of the top#pediatric #pulmonologists in #WestTexas and Eastern New Mexico, Dr. Bray offers comprehensive treatments for asthma, sleep disorders, pulmonary conditions, and allergies. Read more: (Link **PR 1: Dr. John D. Bray Offers Comprehensive Treatments for Breathing and Sleep Disorders to Patients in West Texas and Eastern New Mexico**)

Pinterest—4

Category: Medical: Health and Disease

Tags: #remedies #triggers #attacks #relief #anxiety #managing #relievers #sleep #deprivation

1. Curb seasonal allergy symptoms through these effective techniques.

(Link **Article 2: 'X' Ways to Help Your Child through Seasonal Allergies**)



2. Separating fact from fiction: find out everything you need to know about sinus infections.

(Link **Blog 4: Sinus Infections: Facts vs. Myths**)



3. Is your child spending sleepless nights? Or do they struggle to doze off to sleep? Here's all you need to know about childhood sleep disorders.

(Link Article 1: Everything you Need to Know about Sleep Disorders in Children)



4. Recognize the early signs of asthma so you can help your child on the road to recovery.

(Link **Blog 1: 'X' Warning Signs Your Child May Have Asthma**)



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