



Children who snore loudly, have difficulty breathing during sleep or fall asleep at school may benefit from the Pediatric Sleep Disorders Center at the University of Maryland Hospital for Children.

The Pediatric Sleep Disorders Center is an outpatient unit offering diagnostic testing and treatment for infants, children and teenagers. Staffed by a very **experienced team** of pediatric sleep specialists, this Sleep Disorders Center prides itself on being family-friendly and exclusively handling sleep problems in children.

Please call the Pediatric Sleep Disorders Center at 410-706-3285 to set-up an appointment.

The Pediatric Sleep Disorders CENTER

at the University of Maryland Hospital for Children

The SLEEP LABORATORY for children 12 months and older is located at University Specialty Hospital, 601 S. Charles St., Baltimore, MD 21230. It is very close to the Inner Harbor.

Directions

From I-95: Take exit to 395 - Downtown Inner-Harbor. Bear right onto Conway St. Turn right onto Light St. Turn right onto Lee St. University Specialty Hospital is on the corner of Lee St. & South Charles St.

From 83: Follow to end of expressway. Turn right onto Lombard St. Turn left onto Light St. Turn right onto Lee St. University Specialty Hospital is on the corner of Lee St. & South Charles St.

From 295: 295 becomes Russell St. follow to end of expressway (next to Oriole Park at Camden Yards). Turn right onto Pratt St. Turn right onto Light St. then take a right turn onto Lee St. University Specialty Hospital is on the corner of Lee St. & South Charles St.

The SLEEP LABORATORY for infants is located at the University of Maryland Hospital for Children at 22 South Greene Street, Baltimore, MD 21201.

Log onto www.umm.edu/directions for directions.





Common Sleep Disorders in Children

One of the most common sleep disorders in children is **obstructive sleep apnea** (OSA). Children with OSA usually have more than one of these symptoms:

- Snoring
- Restless sleep
- Stopping of breathing or apnea
- Chronic mouth breathing
- Difficulty awakening
- Bedwetting
- Problems with school performance
- Attention deficit hyperactivity disorder (ADHD)

Diagnosing Sleep Disorders in Children with Sleep Studies

Most sleep disorders including OSA cannot be diagnosed just by asking questions about a child's sleeping pattern. A sleep study, also called a polysomnography, is necessary for a completely **accurate assessment** and is recommended by the American Academy of Pediatrics and the American Thoracic Society to determine if a child has obstructive sleep apnea.



The Pediatric Sleep Disorders Center has a *Sleep Disorders Laboratory* that offers an overnight polysomnography for children of any age.

The sleep study is a painless experience. Children and their parents arrive at the sleep lab at 9:30 p.m. The child is attached to wires (which are easily removed) so that his or her sleep and breathing may be monitored over a 6 to 7 hour period. **Parents are never separated** from their child; they can actually sleep in the same bedroom.

The sleep technicians at the lab are highly-trained in interacting with children and will put families at ease while **collecting the information** they need for an accurate sleep study.

Common Sleep Disorders in Infants and Premature Newborns

Infants may have problems with their breathing during sleep and feeding, particularly if they were born prematurely or have **bronchopulmonary dysplasia** (a form of lung disease in infants)



Diagnosing Sleep Disorders in Infants

A **daytime sleep study** can determine if a baby's breathing pattern and ability to take in oxygen is normal while they are feeding, awake, and asleep, or if additional help is needed. For those babies on apnea monitors or oxygen at home, a daytime study can determine if the baby has outgrown these needs

Good Night

Based on a child's diagnosis, a pediatric pulmonologist or neurologist will **prescribe a treatment plan**. Also, the Center can provide referrals to other specialists at the University of Maryland Hospital for Children.

For more information or to schedule an appointment, please call
410-706-3285.



University of Maryland
**Hospital for
Children**

