

## HOW DO I KNOW IF MY CHILD SHOULD SEE A SLEEP SPECIALIST?

### If Your Child

- Snores loudly and often
- Stops breathing for short periods of time followed by snorts or gasps
- Sweats heavily during sleep
- Is irritable, aggressive or cranky
- Sleeps restlessly
- Is sleepy during the day
- Is difficult to wake up in the morning
- Complains about discomfort in his legs
- Sleeps during short car rides
- Is hyperactive
- Has been diagnosed with attention deficit disorder with hyperactivity

If your child has two or more of these symptoms, you may want to consult a sleep specialist.



## Contact Information

### Children's Mercy Sleep Diagnostic Program

Children's Mercy Hospitals and Clinics  
2401 Gillham Road  
Kansas City, MO 64108  
(816) 983-6355  
(816) 983-6626 Fax

Children's Mercy South  
5808 West 110th Street  
Overland Park, KS 66211  
(913) 696-8518  
(913) 696-8519 Fax

For additional information, please visit:  
[www.childrensmercy.org](http://www.childrensmercy.org)

 **Children's Mercy  
HOSPITALS & CLINICS**  
[www.childrensmercy.org](http://www.childrensmercy.org)  
2401 Gillham Road  
Kansas City, MO 64108

## CHILDREN'S MERCY HOSPITALS AND CLINICS **sleep program**

EVALUATION, DIAGNOSIS AND TREATMENT OF PEDIATRIC  
SLEEP DISORDERS



*Sleep is not just a break from being awake. It is an active state which is necessary for renewing physical, emotional, and mental health each day.*

*For children, sleep disorders can be respiratory, neurological, or behavioral in nature, but any sleep disorder can affect a child's mood, health, and performance.*

 **Children's Mercy  
HOSPITALS & CLINICS**  
[www.childrensmercy.org](http://www.childrensmercy.org)

*Children's Mercy is an equal opportunity/affirmative action employer  
and a United Way agency.*

11/09

## SLEEP DIAGNOSTIC PROGRAM AT CHILDREN'S MERCY HOSPITAL

The Children's Mercy Sleep Diagnostic Program offers a pediatric focused, multidisciplinary approach to the diagnosis, management and treatment of sleep disorders in children. With a growing and experienced staff led by Gayln Perry, MD, state-of-the-art diagnostic equipment and convenient clinics in Kansas City, Missouri, and Overland Park, Kansas, the program provides sleep disorder diagnosis, treatment and care to newborns through adolescents.

Each year, the lives of millions of children are disturbed by sleep disorders. Getting infants and children in bed and to sleep through the night is a struggle for many parents. In fact, 20 to 30 percent of children under the age of five have some type of sleep problem.

Sleep disorders can lead to symptoms which are similar to those described in children with ADHD, such as hyperactivity, difficulty concentrating, and nervousness. Some children who have been diagnosed with ADHD are actually suffering from a sleep disorder.

If you believe that your child needs sleep help, please talk to your child's primary care doctor.



**A good laugh and a long sleep are the best cures in the doctor's book. -Irish Proverb**

## COMMON SLEEP DISORDERS AFFECTING CHILDREN

### Insomnia

Insomnia is the most common sleep disorder. It is the inability to get to sleep or to stay asleep. It can affect a child's waking hours as well as sleeping hours. Insomnia can be a symptom of another problem and can usually be improved by adopting good sleep habits.

### Snoring and Sleep Apnea

Snoring is caused when the airway is partially blocked. In children, a common cause of airway obstruction is enlarged tonsils and adenoids. Loud snoring can be a sign of a more serious sleep disorder, called Obstructive Sleep Apnea (OSA). Sleep apnea is a condition in which a patient experiences brief periods of no breathing.

### Narcolepsy

Narcolepsy can be defined as excessive drowsiness during the day with a tendency to sleep at inappropriate times. The sleep episodes of narcolepsy are sometimes brought on by highly stressful or emotional situations. They are not completely relieved by any amount of sleep. Narcolepsy can have a serious impact on a person's life. If narcolepsy is not appropriately diagnosed and managed, it can be disabling.

### Periodic Limb Movement Disorder

Periodic Limb Movement Disorder (PLMS) can be described as small muscle movements in the legs or arms that can disrupt the quality of sleep by causing brief, frequent arousals from sleep. PLMS can usually be treated effectively with medication.

### Restless Leg Syndrome

Restless Leg Syndrome (RLS) is a condition characterized by discomfort in the legs that can only be relieved by movement. These symptoms typically worsen in the evening and at night, and can have a major impact on sleep quality.

### Parasomnias

Parasomnias are disorders of sleep interruption or sleep stage transition. They include sleep walking, night terrors, and sleep talking.

## HEALTHY SLEEP HABITS

- Regular bedtime routine
- Regular bedtime and wake up time
- One hour of sunlight exposure early in the day
- Regular physical activity at least two hours before bedtime
- Dim lights in the evening
- No stimulating activities like TV, video or computer games for at least one hour prior to bedtime
- No caffeine
- Avoid large meals a few hours before bedtime

## SLEEP REQUIREMENTS FOR CHILDREN

Age	Sleep Time
0-6 months	14-16 hours
6-12 months	14-15 hours
1 year	13.5-14 hours
2 years	12.75-13 hours
3 years	12-12.25 hours
4 years	11.5-12 hours
5-7 years	11 hours
8-9 years	10.5 hours
10-11	10 hours
12-14 years	9.5 hours
15-20 years	9 hours