



Disability Awareness Begins With You: Pediatric Sleep Disorders

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Most children go to bed and fall asleep easily, wake up refreshed, and remain alert and well rested throughout the day until their bedtime when the cycle begins again. Some children, however, suffer from sleep problems, which compromise their health and cause frustration for their parents. Sleep disorders in children are sometimes difficult to identify, and often go undiagnosed and untreated. They may even be severe enough to cause impaired growth and development, lead to learning problems and affect school performance.

The Mary Bridge Pediatric Sleep Disorders Clinic uses highly trained professionals and state-of-the-art technology in a multidisciplinary setting to evaluate children for sleep disorders and provide the care they need to treat their condition.

Comprehensive Sleep Disorders Services

The clinic offers diagnosis and intervention for infants, children and adolescents with various sleep disorders, including:

- Obstructive Sleep Apnea Syndrome
- Restless Legs Syndrome and Periodic Limb Movement Disorder
- Behaviorally conditioned sleep arousals
- Sleep terrors and other parasomnias
- Narcolepsy excessive daytime sleepiness
- Circadian rhythm disorders

Evaluation and Treatment Process

Before a patient's first visit to our Sleep Disorders Clinic, a nurse will review the parent's and physician's concerns by telephone, then set an appointment with one of our sleep clinic physicians.

A detailed history and physical exam is completed during the first visit, and the physician will determine if further testing is needed. Some children may be referred to the MultiCare Sleep Disorder Center, an affiliate of Mary Bridge Children's Health Center, for an overnight sleep study or Nocturnal Polysomnogram (NPSG). This procedure monitors and records multiple physiologic aspects of a child's sleep in order to make a proper diagnosis.

These studies are performed by a trained technician using specialized equipment, and are later reviewed and interpreted by the clinic staff physicians. Other studies may be needed, such as Multiple Sleep Latency testing (MSLT), particularly in the evaluation of narcolepsy and excessive day-time sleepiness.

The MultiCare Sleep Disorder Center is one of only a few sleep centers in Washington State where children can be tested by technicians experienced in performing sleep studies on children. Located across the street from our Tacoma location, the Center is an accredited member of the American Academy of Sleep Medicine.

After a diagnosis is made by one of our specialists, a management plan for improving the child's sleep quality is developed and shared with the referring physician. Sleep disorder management options may include:

- Behavioral modification
- Light therapy
- Referral to an otolaryngologist for surgical intervention (tonsillectomy and adenoidectomy)
- Use of medications
- Continuous Positive Airway Pressure (CPAP) therapy by mask to eliminate obstructive sleep apnea

Specialists in Pediatric Care

Our unique sleep clinic team includes board certified physicians specializing in pediatric sleep disorders, pediatric neurology and pediatric pulmonology, plus pediatric registered nurses, and a sleep center technician.

Resource for Primary Care Providers

Our team is committed to furthering community awareness and education of sleep-related disorders. Mary Bridge also serves as a resource for referring physicians throughout the southwest Washington region. Phone consultations with one of our sleep disorders physicians are available to assist primary care providers in the evaluation, diagnosis and intervention of patients with a possible sleep disorder.

Visit the American Academy of Sleep Medicine website at www.aasmnet.org for more information on sleep disorders.

Who should be seen at the Mary Bridge Pediatric Sleep Disorders Clinic?

Children and adolescents who are suspected of having sleep-related disorders, including:

1. Parasomnias (abnormal sleep experiences that are frequent, difficult to control, or cause injuries), such as sleepwalking or talking, or sleep terrors.
2. Sleep-related breathing disorders or Obstructive Sleep Apnea Syndrome and Upper Airway Resistance Syndrome.
3. Sleep-related movement disorders, including Restless Leg Syndrome, Periodic Limb Movements of sleep and other sleep related movements.
4. Sleep disturbances resulting in behavioral problems. Sleep patterns may be part of a behavior disorder or the cause of Attention Deficit Disorder type symptoms.
5. Circadian rhythm disorders (when the biological clock is out of rhythm with the normal environment), as in Delayed Sleep Phase Syndrome.
6. Narcolepsy and other causes of excessive daytime sleepiness.

Common Behavior and Symptoms of Children with Sleep Disorders

- Increased irritability
- Constant fatigue during daytime
- Mood disorder
- Excessive night time awakenings
- Failure to thrive
- Poor school performance
- Learning difficulties
- Difficult to wake up
- Tired in the morning
- Persistent headaches
- Attention Deficit Disorder symptoms
- Irregular snoring occurring on a routine basis
- Choking during sleep
- Excessive movements during sleep associated with non-refreshing sleep

If you would like more information about the Mary Bridge Pediatric Sleep Disorders Clinic, please call 253-403-3131 or 1-800-552-1419 ext. 3131. Mary Bridge Children's Health Center is located at 311 South L St., Tacoma, WA 98405.