

Sleep Testing

A sleep test requires an overnight study performed in a professional sleep center. This test is a non-invasive procedure that will monitor the following areas during sleep:

- Brain waves
- Eye movements
- Muscle movements
- Heart rate
- Leg movements
- Breathing patterns and noise
- Oxygen levels
- CO2 levels



Diagnosis

After your child's overnight stay, the sleep physician will interpret the data collected and, if necessary, discuss management options with the family.

Treatment

Childhood sleep apnea can be treated. Your physician will recommend the best treatment plan for your child. The most common treatments are the following:

- Tonsillectomy
- Adenoidectomy
- Weight loss
- CPAP

Who is Sleep Services of America? How Can We Help?

Sleep Services of America is a full-service, sleep diagnostics company that specializes in performing adult and pediatric polysomnograms (sleep studies). When you are ready to find a solution to your restless nights, chronic snoring, or other sleep related ailments, our expert staff will be on hand (at your preferred sleep disorder center or hospital) to guide you through our thorough yet painless examination of your sleep patterns. Please contact SSA for any questions you may have related to diagnostic process or to visit one of our center in your area.

Call now to learn more or to schedule an appointment for a Sleep Consultation by calling 914-964-4337.

To make an appointment for a sleep study, call 914-559-1010.

References

1. Rosen CL., Sleep 1996
2. National Sleep Foundation
3. Sun Jung Chang et al, Korean Journal of Pediatrics 2010
4. American Academy of Pediatrics. Clinical Practice Guideline 2012

Disclaimer: Detailed references available upon request



Is your child sleeping
soundly at night...?

Improving the care and quality of life for
patients suffering from sleep disorders

ST. JOHN'S
RIVERSIDE
HOSPITAL

Childhood Obstructive Sleep Apnea Syndrome

Obstructive Sleep Apnea Syndrome (OSAS) is a condition in which a child has a partial or complete airway obstruction during sleep, often associated with loud snoring and breathing pauses. This condition occurs in 1-3% of otherwise healthy pre-school children.¹ OSA is most prevalent in children ages 2-5 years old, but can occur in infants and adolescents as well.

Daytime symptoms for these children may be subtle, such as, hyperactivity, trouble concentrating, poor school performance, daytime sleepiness, or fatigue.

OSA can also cause poor growth in children.



Sleep Apnea and Diabetes Statistics

Children with the following characteristics have a higher risk for OSA:

- Enlarged tonsils or adenoids
- Chronic allergies or sinusitis
- Enlarged tongue
- Small jaw
- Deviated nasal septum
- Obesity

How Much Sleep Does My Child Need?

AGE GROUP	HOURS OF SLEEP REQUIRED
Newborns (0-2 months)	12-18
Infants (3-11 months)	14-15
Toddlers (1-3 years)	12-14
Preschoolers (3-5 years)	11-13
School-age children (5-10 years)	10-11
Teens (11-17 years)	8.5-9.25

A full night of restful sleep is important for the body to repair cells, strengthen the immune system, and sharpen mental functions. To make sure your child is getting quality sleep:

- Set up a consistent bedtime schedule.
- Make your child's bedroom a place for sleep: no TV, computers, or video games.
- Avoid caffeine.
- Get adequate exercise.



Sleep Apnea Statistics

- Approximately 10-12% of children snore during sleep; 20-30% of them have OSA.³
- All children who snore should be evaluated for obstructive sleep apnea.⁴
- Sleep deprivation or fragmentation can cause disorders during the daytime that may mimic ADD or ADHD.
- Children frequently get insufficient sleep, and OSA can worsen this problem.



How Do You Pay For This Service?

The most common method of payment is through your insurance provider. Please speak to your doctor to learn more about this service in conjunction with your insurance provider.