



## **Sleep Services for Pediatrics provided by the Scottsdale Sleep Center:**

### **Pediatric Sleep Disorders**

#### ***What types of pediatric sleep disorders are there?***

- Enuresis (bed-wetting)
- Respiratory disorders, including Obstructive Sleep Apnea
- Excessive daytime sleepiness
- Narcolepsy
- Night Terrors
- Insomnia
- Leg cramps, restless legs, periodic limb movements
- Circadian Rhythm Disorders

#### ***How do I know if my child suffers from a sleep disorder?***

##### During Sleep

- Snoring
- Witnessed Apnea
- Choking noises
- Restless sleep
- Frequent awakenings
- Bruxism (teeth grinding)

##### During Wakefulness

- Poor school performance
- Aggressive behavior
- Hyperactivity
- Attention Deficit Disorder
- Excessive daytime sleepiness
- Morning headaches

#### ***When should I call a pediatrician or the Scottsdale Sleep Center?***

If your child is experiencing any of the above symptoms, it is important to have them evaluated by a physician. Contact the Scottsdale Sleep Center at **(480) 767-881** for more information or to schedule an appointment for your child.