

# Sleep Disorders Clinic and Lab at Kennedy Krieger Institute

## Who We Are

The Sleep Disorders Clinic combines medical and psychological approaches in an outpatient setting for the comprehensive evaluation and treatment of children and young adults with sleep problems. For those who require further evaluation and testing, we also offer sleep studies—including polysomnograms, multiple sleep latency tests and electroencephalograms (also known as EEGs)—at our Sleep Lab.

## Who We Serve

We provide care for all children and young adults, and we specialize in patients with neurodevelopmental disabilities or behavioral disorders who also have difficulties with sleep.

Sleep problems may include:

- Snoring
- Difficulty falling asleep or staying asleep
- Unusual behaviors or movements during sleep
- Atypical sleep-wake cycles
- Sleep-related breathing disorders
- Disruptive sleep schedules
- Excessive daytime sleepiness

The range of disorders and disabilities we treat includes:

- Attention-deficit hyperactivity disorder
- Autism spectrum disorders
- Cerebral palsy
- Intellectual disability
- Down syndrome
- Epilepsy

## Our Treatment Approach

Our team evaluates and treats the many factors—both behavioral and physical—that can affect sleep. Our approach includes:

- **Testing and evaluation:** Every child receives an initial evaluation or consultation that includes a physical, a neurological examination, a review of the child's sleep history,



and a review of relevant records, including sleep questionnaires, diaries and previous test results.

- **Recommendations and referrals:** After we identify areas of sleep difficulty, we may recommend additional assessment, such as an overnight sleep study or actigraphy, a non-invasive method of monitoring sleep and activity cycles. We will also develop comprehensive treatment and behavior management approaches. For some patients, such as those with ongoing behavior management needs or sleep-related breathing disorders, we can make referrals to other clinics or programs when needed.
- **Follow-up:** Follow-up care is an important part of treatment and may be provided through return visits. This is especially important for those who have:
  - received recommendations for behavior management,
  - been diagnosed with breathing disorders,
  - completed a sleep study in our lab, or
  - received prescriptions for medications to treat sleep problems.

We are all born with great potential.  
Shouldn't we all have the chance to achieve it?



Kennedy Krieger Institute  
UNLOCKING POTENTIAL

## Our Team

Our evaluations and treatment services are provided by a range of experts in the following areas:

- Pediatric neurology with specialization in neurodevelopmental disabilities, sleep medicine and clinical neurophysiology
- Behavioral psychology
- Polysomnographic technology and EEG technology

## The Sleep Lab

We offer sleep lab services to children and young adults in a child-friendly setting. While sleep lab tests are offered to children without disabilities, the lab specializes in evaluating children with communication and behavior issues. We provide further study and evaluation services, including the following:

- Overnight polysomnogram (PSG)—a recording made during sleep to evaluate sleep disorders
- Multiple Sleep Latency Test (MSLT)—a nap study used to determine how quickly a child will fall asleep in quiet situations during the day
- Overnight EEG with video monitoring—a recording made with electrodes on the head to identify seizures

*“The sleep program at Kennedy Krieger has given us a complete turnaround, and my son is able to sleep better. The Institute has changed the life of my son for the better.”*

– Muhammad Ali, father of Azlan

## Contact Information

### Sleep Disorders Clinic and Lab at Kennedy Krieger Institute

For more information or to schedule an appointment, please call **443-923-9400**, or call toll-free at **888-554-2080**. TTY users, please contact us at **443-923-2645**, or dial **711** to make a Maryland Relay call.

### Physicians and Healthcare Professionals

To make a referral, call our Physician Referral Line at **443-923-9403**.

### Mailing Address

707 North Broadway  
Baltimore, MD 21205

### Clinic Location

801 North Broadway  
Baltimore, MD 21205

### Sleep Lab Location

707 North Broadway  
Baltimore, MD 21205

**KennedyKrieger.org**

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