

PEDIATRIC SLEEP MEDICINE

The Chicago Sleep Group offers a sleep medicine program designed especially for children. Our pediatric sleep medicine specialist is trained to diagnose and treat sleep-related problems in children of all ages.

CHICAGO SLEEP GROUP



Sleep Specialists

Robert W. Hart MD, ABSM
Medical Director

Timothy J. McGee DO, FCCP, ABSM

Anna Ivanenko MD, PhD, ABSM
Pediatric Director

Clifford A. Massie PhD, ABSM, CBSM
Clinical Director

Laboratory Affiliates

Alexian Brothers Medical Center
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Elk Grove Village

Central DuPage Hospital
Center for Sleep Health
AASM Accredited
Winfield

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PEDIATRIC SLEEP SPECIALISTS

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SLEEP MATTERS

Sleep is essential to a child's health and well-being. Sleep restores the body and fuels the brain. If your child experiences sleepiness, inattention or irritability during the day, it could be a result of what happens at night. Helping your child develop and maintain healthy sleep habits is important. At the same time, it's important for parents to recognize the signs and symptoms of potential sleep disorders – and know when to seek help.

SLEEP DISORDERS IN CHILDREN

Sleep disorders can occur at any age and affect the entire family. Medications, obesity, lung conditions such as asthma and behavioral conditions such as attention deficit disorder can impact a child's quality of sleep. Children are prone to a variety of sleep problems:

- Sleep walking
- Sleep talking
- Night terrors
- Narcolepsy
- Sleep apnea
- Bed-wetting

WHEN YOUR CHILD HAS A SLEEP PROBLEM

Our pediatric sleep medicine specialists are here to help your child overcome sleep-related health issues and resume healthy sleep patterns.

INITIAL VISIT

During your child's first visit, we will conduct a comprehensive evaluation, including physical and behavioral exams, and collect detailed information needed for accurate diagnosis and treatment planning.

SLEEP TESTING

Sometimes further evaluation is needed. A polysomnography, or sleep test, allows our sleep specialists to monitor your child's sleep stages, breathing patterns, body movements and other vital functions. This sleep test is conducted in the comfort and safety of the hospital's Sleep Lab, where one parent must stay with the child until the test is completed.

TREATMENT OPTIONS

After the results are analyzed and a sleep diagnosis is made, you will meet with a sleep medicine physician to discuss treatment recommendations. Treatment options may include the following:

- Medication
- Weight loss
- Behavior modification
- Night oxygen therapy
- Referral to a pediatric ear, nose and throat specialist

FOR MORE
INFORMATION
OR
TO SCHEDULE
AN APPOINTMENT

CALL

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