

# Sleep Disorders Clinic and Lab

## at Kennedy Krieger Institute

### Who We Are

The Sleep Disorders Clinic and Lab at Kennedy Krieger Institute provides care for children, teens and young adults with sleep disorders. Clinicians have special expertise in serving patients with neurodevelopmental disabilities and behavioral disorders.

The interdisciplinary clinic combines medical and behavioral approaches in an outpatient setting to evaluate and treat sleep disorders. The lab provides further evaluation and testing through sleep studies, including polysomnograms, multiple sleep latency tests and electroencephalograms (also known as EEGs).

### Who We Serve

We provide care for all children, teens and young adults with sleep difficulties, and we specialize in patients with neurodevelopmental disabilities and behavioral disorders. Sleep disorders we treat include:

- Difficulty falling asleep (insomnia)
- Difficulty staying asleep (insomnia)
- Difficulty sleeping independently (sleep onset associations)
- Sleep-disordered breathing (obstructive sleep apnea and central sleep apnea)
- Atypical sleep schedules
- Sleep talking, sleepwalking, sleep terrors and nightmares (parasomnias)
- Nocturnal spells
- Restless legs syndrome, restless sleep and periodic limb movement disorder
- Excessive daytime sleepiness
- Narcolepsy and idiopathic hypersomnia

We also work with patients and families in CPAP and BiPAP management.



### Our Treatment Approach

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

- **Testing and evaluation:** Every patient receives an initial evaluation, during which we ask about the patient's history with sleep difficulties. We also conduct physical and neurological examinations and review relevant records, sleep questionnaires and diaries, and prior sleep studies.
- **Recommendations and referrals:** After we identify the areas of sleep difficulty for a patient, we develop a comprehensive medical treatment plan for them. We may recommend additional testing, such as an overnight sleep study, and behavioral management approaches. For some patients, such as those with ongoing behavioral management needs or sleep-related breathing disorders, we can make referrals to other clinics or programs when needed.
- **Follow-up:** We typically recommend following up with our clinic to assess the effectiveness of our recommendations, and so we can monitor and review the effects of any medication or treatment.

## Our Team

We work as a team to ensure that all aspects of a patient's sleep are thoroughly evaluated and treated. 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
- Developmental pediatrics
- Behavioral psychology
- Sleep technology, including polysomnographic technology and EEG technology

## About Our Sleep Lab

Our technologists have extensive experience in working with children, teens and young adults with disabilities, and they take pride in working with families to ensure each study is recorded successfully. As a result, we have a high rate of success in recording studies, even for children who have behavioral challenges and/or anxiety, and who have not been able to tolerate a study in the past.

Our physicians are board-certified in child neurology, sleep medicine and clinical neurophysiology. They work collaboratively with referring providers to ensure they obtain the information providers need to make the best-informed decisions possible about their patients.

We offer the following services to children, teens and young adults in a child-friendly, developmentally appropriate setting:

- **Sleep study (also known as a diagnostic polysomnogram [PSG]):** A recording made during sleep to evaluate sleep disorders

- **Titration polysomnogram:** A recording made during sleep that tests the effectiveness of different treatments, which may include CPAP, BiPAP, oxygen, humidified high-flow nasal cannula (HFNC) therapy and hypoglossal nerve stimulation (HNS)
- **Multiple sleep latency test (MSLT):** A nap study performed during daytime hours to determine how quickly a person will fall asleep in quiet situations
- **Maintenance of wakefulness test (MWT):** A daytime study used to evaluate a person's ability to stay awake

## CONTACT US

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

For more information or to schedule an appointment, please email [SleepPatientInfo@KennedyKrieger.org](mailto:SleepPatientInfo@KennedyKrieger.org) or call **443-923-9580**. TTY users, please contact us at **443-923-2645**, or dial **711** to make a Maryland Relay call.

### KennedyKrieger.org

**Physicians and Healthcare Professionals**  
To make a referral, call **443-923-9386**.

**Clinic Location**  
801 North Broadway  
Baltimore, MD 21205

**Sleep Lab Location**  
707 North Broadway  
Baltimore, MD 21205

*The photograph used is for illustrative purposes only, and any person shown is a model.*

Kennedy Krieger Institute recognizes and respects the rights of employees, trainees, and patients and students, and their families. At Kennedy Krieger, we ground our care, services, training and research in treating others with respect and civility. We respect the cultural identity of every person. Kennedy Krieger does not discriminate against people based on, but not limited to, perceived or actual race, color, culture, ethnicity, national origin, age, language spoken, accent, marital status, veteran or military status, immigration status, socioeconomic status (i.e., access to resources), physical or mental disability, religion, pregnancy status, sex, sexual orientation, or gender identity or expression. We strive for equitable care for all individuals for whom we provide services, training, education and research participation. We encourage employees, trainees, and patients and students, and their families, to become active partners in the services provided by asking questions, seeking resources and advocating for their needs. Our culture of care is extended to our patients, the patients' family members and other people served. Here, "family" refers to parents, other family members, guardians, surrogate decision-makers and healthcare agents. ©2026 Kennedy Krieger Institute 1/26



Learn More. Get Involved. Stay Connected. Visit: [KennedyKrieger.org/Connect](https://www.kennedykrieger.org/Connect)

