

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 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

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