

## VIII. Staff

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The Pediatric Sleep Disorders Clinic is a cooperative venture among the Departments of Child & Family Psychiatry, Pediatrics, and Pulmonary Medicine at Rhode Island Hospital. For questions about the Pediatric Sleep Disorders Clinic, please call (401) 444-1614.

Pediatric Sleep Disorders Clinic  
of Hasbro Children's Hospital

Located at:

Rhode Island Hospital  
George Building, 1<sup>st</sup> floor  
**(located within the Children's  
Neurodevelopment Center)**

Providence, RI,

*Telephone: (401) 444-1614*

*Sleep Lab – 70 Catamore Blvd,*

*E. Providence (401) 431-5420*

*Fax: (401) 431-5429*



***Pediatric Sleep  
Disorders Clinic  
of  
Hasbro  
Children's  
Hospital***

For more information, visit our web site:

<http://www.kidzzzsleep.org>

## **I. Program Description**

The Pediatric Sleep Disorders Clinic, part of the Sleep Disorders Center of Lifespan Hospitals, is a multidisciplinary program designed to provide comprehensive assessment and treatment of children and adolescents with a variety of sleep problems. The Pediatric Sleep Disorders Clinic team includes sleep medicine experts from both pediatrics and child psychology.

Sleep problems evaluated in the Pediatric Sleep Disorders Clinic include:

- Snoring/breathing difficulties which can be a sign of a problem called obstructive sleep apnea
- Bedtime refusal
- Difficulty staying asleep
- Sleepwalking
- Sleep terrors
- Nightmares/nighttime fears
- Excessive daytime sleepiness

## **II. Location**

The Pediatric Sleep Disorders Clinic is located at the George Building, 1<sup>st</sup> floor (located within the Children's Neurodevelopment Center), Rhode Island Hospital, Providence, RI.

## **III. Referrals**

Referrals should be made through the child's pediatrician or primary care provider by calling (401) 444-1614 or faxing referral to (401) 444-6218.

## **IV. Cost**

Evaluations and treatment at the Pediatric Sleep Disorders Clinic are usually covered by insurance and Medicaid. Some insurance companies may require referral and preauthorization through the child's pediatrician or primary care provider.

## **V. What Happens at the Pediatric Sleep Disorders Clinic**

Upon referral, a questionnaire packet is sent to parents to complete prior to their appointment. These forms include a wide variety of questions about different types of sleep problems that a child or adolescent may be experiencing. We may also ask parents to keep a log of their child's sleep and waking pattern prior to the visit.

At the time of the evaluation, the questionnaires are reviewed with parents by a member of the sleep clinic team and an interview is conducted with the parent(s) and child to gather a thorough description of the child's sleep problem. A physical examination may also be performed by a pediatrician during the visit.

Evaluations at the Pediatric Sleep Clinic generally take about 90 minutes; follow-up appointments usually last 30 minutes.

## **VI. Treatment**

The Clinic team will design a treatment program to help manage the child's sleep problems. A variety of strategies aimed at improving the child's sleep will be reviewed and those most appropriate to the child and family will be selected. The Sleep Clinic team will schedule any follow-up telephone calls and additional appointments needed to assist in implementing treatment strategies.

When appropriate, medical referrals to other specialists will also be made.

## **VII. Overnight Sleep Study**

Some sleep problems, like Obstructive Sleep Apnea, require an additional evaluation called a **sleep study**. This test is conducted overnight in the Sleep Lab located at 70 Catamore Blvd., E. Providence, RI. During the sleep study, such measures as brain wave (EEG), heart rate (EKG), breathing, oxygen level, and sleep quality/quantity will be measured in a non-invasive, non-painful manner.

All sleep studies require a separate referral by the Pediatric Sleep Clinic team. When appropriate, outside physicians may also refer a child for a sleep study with the approval of the Pediatric Sleep Clinic Medical Director. Parents are notified by the Sleep Lab staff of the date and time of the overnight sleep study and are given details about the procedure several weeks in advance. Parents are allowed to stay with the child overnight for the sleep study.