Sleep disorders and breathing disorders during sleep are among the most common issues parents deal with in childhood. These disorders may result in learning and behavioral disabilities, as well as long term pulmonary, endocrine and heart disease. Obtaining a diagnosis and managing sleep problems early may help children avoid consequences that can affect them in adulthood.

The Weill Cornell Pediatric Sleep and Breathing Disorders Center is affiliated with NewYork-Presbyterian Phyllis and David Komansky Children’s Hospital. Our multidisciplinary team includes pediatric specialists in pulmonology, child development, neurology, gastroenterology, dentistry, otolaryngology (ENT), endocrinology, cardiology and other specialists as needed.
Services & Programs

At the Weill Cornell Pediatric Sleep Center, we diagnose and care for children with any type of sleep disorder, including:

- Obstructive and central sleep apnea
- Snoring
- Apnea of infancy
- Behavioral insomnia of childhood such as bedtime struggles and night awakenings
- Parasomnias (sleep walking, sleep terrors)
- Narcolepsy
- Circadian rhythm disorders (delayed sleep phase syndrome)
- Movement disorders (periodic limb movement disorder, head banging)

Our team can aid in the evaluation and management of children with obstructive sleep apnea, as well as chronic lung diseases, degenerative muscle disease with chronic respiratory failure, hypoventilation syndrome, and respiratory control disorders.

Pediatric Sleep Lab

Our pediatric sleep lab offers a warm and friendly space tailored to children and adolescents, with:

- Child- and family-friendly décor
- Continuous monitoring by technicians trained in pediatric care
- Overnight accommodations for one parent or guardian
- In-room WiFi, TV and DVD players

Referrals to the Sleep Lab may be done by the child’s pediatrician, ENT physician, neurologist or by a sleep specialist at the Pediatric Sleep Center. Often, it is important for sleep specialists to evaluate the child before scheduling a sleep study in order to tailor the study to the child, e.g., possible need for pH probe if acid reflux is a concern. Children 2-18 years that are otherwise healthy and are referred for a sleep study due to snoring in the context of enlarged tonsils/adenoids or obesity can be referred directly to the sleep lab.

Referral forms for the sleep lab are available by phone at (646) 962-3410 (select option #2), or online at [www.weillcornell.org/pedspai](http://www.weillcornell.org/pedspai)

Behavioral Sleep Disorders Clinic

The clinic serves children of all ages, from infancy to adolescence. Each visit to the clinic includes evaluation and management by both a sleep specialist and behavioral specialist.

Sleep patterns in children affect the well-being of the child and the entire family. Sleep
problems are highly prevalent in infancy; abnormal sleep is reported in almost half of infant well visits. If left untreated, sleep problems during infancy, such as insomnia and sleep fragmentation, may continue into the toddler years and beyond. In fact, children are at risk for developing sleep issues across the various stages of their development. Toddlers, preschoolers, and school-aged children may experience nighttime fears, parasomnias (sleep-walking, talking, night terrors), nightmares, and sleep disorders related to poor sleep hygiene and inadequate limit setting. With adolescence comes an additional risk of sleep problems, often brought on by lifestyle changes and the academic and social stressors that occur during the teenage years. Adolescents often experience poor sleep hygiene, delayed sleep phase, and insufficient sleep. Sleep disorders are often attributable to a combination of physiological, environmental, and psychosocial factors that may be best managed by a combined medical and behavioral approach.

For children and adolescents who experience more medically complex sleep problems, the Behavioral Sleep Disorders Clinic is affiliated with the Weill Cornell Pediatric Sleep Center, where subspecialty physicians (e.g., pediatric otolaryngologists, child neurologists) provide specialized consultation and treatment, as needed. In addition, we offer a state-of-the-art 3-bed Pediatric Sleep Lab where patients undergo more extensive testing to further assess nighttime awakenings, snoring, and other sleep disorders.

Technologically Dependent Children

We offer special expertise and support for technology-dependent children and their families. Our team will:

- Set up non-invasive ventilation (CPAP or BiPAP)
- Provide ongoing support
- Communicate with home care companies and nursing companies
- Reassess the continuing need for treatment

Diagnosis & Treatment

At both of our pediatric sleep centers, we perform the full range of studies required to diagnose a sleep disorder, including daytime and overnight studies.

Our approach to diagnosis begins with a comprehensive sleep history and physical examination. The definitive diagnosis is done by polysomnography, also known as an overnight sleep study. The study involves attaching leads to the child’s body to monitor sleep quality and structure, breathing effort, oxygen saturation and carbon dioxide levels, as well as heart rhythms, muscle tone, and leg movements. A certified sleep technologist provides continuous monitoring during the study.
We also offer a Multiple Sleep Latency Test (MSLT), a test that is done during the day which quantifies sleepiness, and serves as the diagnostic test for narcolepsy.

What to expect

Research

Patient Stories

Resources

http://www.nyp.org/komansky/clinical-services/pulmonology/sleep-disorders

What Sets us Apart

- We are affiliated with Komansky Children’s Hospital at NewYork-Presbyterian, the #1 ranked children’s hospital in New York City on the 2017-2018 US News & World Report Best Children’s Hospitals survey.
- Our Pediatric Sleep Lab is dedicated exclusively to children and adolescents of all ages, including infants
- Our team includes a behavioral sleep specialist for the treatment of non-medical sleep issues.
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