

*Dedicated to the quality you expect and the professional standards you demand.*

# SLEEP & Children's Health

**Our goal at Neurocare is to improve sleep health and quality of life by providing high-quality, efficient, comprehensive care to patients through evaluation, testing, education, and research.**

Founded in 1988, Neurocare, Inc. collaborates with academic medical centers, community hospitals, and physician groups to design, implement, and manage sleep disorder programs. In addition, the company owns sleep centers accredited by the American Academy of Sleep Medicine (AASM) providing both in-lab and home sleep testing.

Neurocare and its employees are committed to the exemplary care and well-being of patients. We strive to provide the highest quality services to the physicians, patients, communities, and clients we serve.



ROUTINE OBSTRUCTIVE SLEEP APNEA  
MOOD BEHAVIORAL PROBLEMS FOCUS  
DAY-TIME SLEEPINESS CIRCADIAN RHYTHM  
FOCUS NARCOLEPSY ALERTNESS  
DELAYED SLEEP-WAKE PHASE DISORDER  
LEARNING OVERWEIGHT SCHOOL SLEEP  
SNORING SPORTS PERFORMANCE  
PARASOMNIAS WELL-BEING ACTIVE  
THRIVE INSOMNIA SOUND SLEEP  
DAY-TIME SLEEPINESS HAPPY TIRED  
ACADEMIC PERFORMANCE SNORING  
RESTLESS LEG SYNDROME ENERGY



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# *The Importance of* **SLEEP**

The first step in helping your child overcome sleep problems is to determine the cause. Sleep disorders can have a negative impact on the health and well-being of your child. A sleep disorder can cause problems for your child's daytime alertness, mood, school performance and safety.

## ***Poor Sleep May Result In:***

- Excessive daytime sleepiness
- Irritability
- Behavioral problems
- Learning difficulties
- Poor academic or sports performance
- Motor vehicle accidents in teens

## *Evaluating & Diagnosing* **SLEEP DISORDERS**

A sleep study (Polysomnogram) is the most comprehensive tool to diagnose an array of sleep disorders. Our experienced sleep technologists appreciate the additional time & care required to make children feel at ease during testing. At Neurocare, our top priority is to ensure your child's comfort and safety.

**Neurocare provides pediatric diagnostic sleep testing to help manage your child's health. We own and operate sleep labs accredited by the American Academy of Sleep Medicine (AASM) and have received national recognition for excellence in managing sleep programs.**

# **COMMON** *Childhood Sleep Disorders*

**OBSTRUCTIVE SLEEP APNEA:** Child snores very loudly, is a restless sleeper, and has breathing pauses during sleep. Occurs in up to 5% of children.

**PARASOMNIAS:** Child looks awake, but is really sleeping. Some common examples are sleepwalking, which occurs in up to 17% of children; confusion arousal, which occurs in up to 17% of children; sleep terrors, which occurs in up to 6.5% of children.

**INSOMNIA:** Child has difficulty falling asleep or staying asleep and wakes unrefreshed. Occurs in up to 30% of children.

**DELAYED SLEEP-WAKE PHASE DISORDER:** Child consistently falls asleep very late and wakes up late. Parents have trouble getting the child to fall asleep at a normal bedtime. The child tends to be difficult to wake up in the morning, often causing the child to be late for school. Occurs in up to 16% of teens.

**RESTLESS LEGS SYNDROME:** Child has unpleasant sensations in their legs and needs to move their legs, most commonly in the evening. Other symptoms include difficulty falling asleep, "growing pains," and symptoms similar to attention-deficit hyperactivity disorder (ADHD). Occurs in at least 2% of children.

**NARCOLEPSY:** Child has excessive daytime sleepiness, disturbed nighttime sleep, feeling of paralysis when falling asleep or waking, sudden loss of muscle tone, "sleep attacks," and/or hallucinations. Symptoms usually begin between the ages of 15 to 25, but it is possible to start experiencing symptoms at a much younger age.

**PRIMARY SNORING:** Snoring occurs in the upper throat during sleep as the flow of air becomes restricted, causing tissue in the back of the throat to vibrate. It is thought that some children may grow out of snoring without intervention, but new evidence suggests that snoring can impact cognition, behavior, and academic performance. Occurs in up to 10% of children.

**For more information, including  
Frequently Asked Questions, please visit:  
[www.neurocareinc.com](http://www.neurocareinc.com)**