



DOES YOUR CHILD HAVE THE FOLLOWING SYMPTOMS?

- + Can't fall asleep
- + Inability to stay asleep
- + Waking too early
- + Hard to wake up
- + Daytime sleepiness
- + Restless at night
- + Growing pains
- + Irregular breathing
- + Sleep walks
- + Nightmares
- + Night terrors
- + Nighttime sweating
- + Snoring
- + Learning problems
- + ADHD
- + Behavioral problems
- + Enlarged tonsils
- + Obesity
- + Small chin

Regular snoring combined with any of these symptoms could be a sign of a sleep disorder.

70 Million Americans Experience Sleep Disorders

That's 1 in 6 people living with a sleep disorder or experiencing sleep problems.

Young children need as much as 10 - 12 hours of sleep a day in order to avoid major chronic health disorders such as high blood pressure, heart disease, stroke, depression diabetes and other chronic diseases. A sleep disorder can cause children to become sick easier, struggle in school, and cause unwanted behaviors from irritability.

How soon can I get in for an appointment?

Since our Pediatric Sleep Clinic is new, we currently have no wait. We pride ourselves in delivering care promptly and expertly with our board certified physician, Dr. Jackie Yates.

"There are many physical findings suggestive of sleep problems in children," says Dr. Yates. "I will see them quickly and efficiently, because I know that these children don't deserve to wait to be seen!"

How do I book an appointment, and is it covered by insurance?

Yes! Most insurances cover sleep studies, and even require pediatric sleep studies be done in a sleep center. This ensures quality results that will help your child's diagnosis and treatment plan. You will need a referral from your primary care provider.

For your sleep medicine referral, find a clinic near you at:

WMMC.com/Sleep.