



SLEEP APNEA SYMPTOMS

Nighttime Symptoms:

- Snoring
- Breathing pauses during sleep
- Restless sleep
- Mouth breathing
- Difficulty getting up in morning

Daytime Symptoms:

- Hyperactivity
- Headaches
- Inattention
- Behavior problems
- Sleepiness

HOW MUCH SLEEP IS ENOUGH?

Infants

(0-2 months)	10.5 - 18 hours
(2-12 months)	14 - 15 hours

Toddlers/Children

(12-18 months)	13 - 15 hours
(18 months-3 years)	12 - 14 hours
(3-5 years)	11 - 13 hours
(5-12 years)	9 - 11 hours

Adolescents

8.5 - 9.5 hours

YALE-NEW HAVEN CHILDREN'S HOSPITAL — SLEEP CENTER —

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YALE-NEW HAVEN CHILDREN'S HOSPITAL — SLEEP CENTER —



 YALE-NEW HAVEN
CHILDREN'S HOSPITAL

The Yale-New Haven Children's Hospital Sleep Center, established in 1989, is dedicated to the comprehensive evaluation of respiratory and sleep disorders in infants and children up to the age of 18 years. The Center is located on the seventh floor of the Yale-New Haven Children's Hospital. Our friendly and experienced staff will engage and prepare your child for his or her sleep study. A bed for one parent in the child's room is also available.

We treat infants and children up to 18 years of age for sleep-related disorders.

The Center offers:

- State-of-the-art sleep monitoring equipment
- Registered polysomnographic sleep technicians with more than 15 years of experience in pediatric sleep studies
- The ability to evaluate children of all ages, including newborns, infants and children with complicated medical problems
- Pre-authorization from insurance carriers before the study
- A formal report that includes an interpretation of the study with recommendations, generated in a timely fashion and sent to your referring health care provider

We accept direct referrals from physicians for sleep studies. A comprehensive medical evaluation prior to a sleep study is available at the Yale-New Haven Children's Hospital Sleep Clinic, which is held twice a month. For more information about this service, please call (203) 785-2480 or email Sumit Bhargava, M.D., at sumit.bhargava@yale.edu.



The mission of the Yale-New Haven Children's Hospital Sleep Center is to provide excellent clinical care for infants, children and teenagers with sleep disorders, and to advance the understanding of pediatric sleep disorders through research.

WE DIAGNOSE AND TREAT CHILDREN WITH THE FOLLOWING CONDITIONS:

- **Snoring**
- **Noisy breathing**
- **Upper airway obstruction**
- **Excessive daytime sleepiness**
- **Cyanotic or choking spells**
- **Nocturnal asthma**
- **Infants with apparent life-threatening events**
- **Obesity hypoventilation syndrome**
- **Neuromuscular disease with hypoventilation**
- **Other neurosurgical and craniofacial disorders**