

Sleep Health Clinic

The Gillette Children's Specialty Healthcare Sleep Health Clinic specializes in the diagnosis and treatment of sleep apnea (abnormal pauses in breathing during sleep) and other sleep-related disorders in children, adolescents and adults with physical disabilities. Treating sleep apnea can improve the quality of life for patients and their families and also can prevent other health problems, such as high blood pressure.

People with obstructive sleep apnea may have the following symptoms:

- Snoring
- Observed apnea (pauses in breathing)
- Restless sleep
- Daytime sleepiness
- Irritability
- Aggression
- Poor attention
- Failure to thrive
- Lack of oxygen in the blood (oxygen desaturation)
- Difficulty breathing after surgery
- Seizures

In general, patients at the Sleep Health Clinic are seen by our sleep health specialist who is board certified in pediatrics and sleep medicine. The specialist may recommend overnight diagnostic testing (polysomnogram). The results, along with input from the family and physician, can then lead to appropriate action. Behavioral changes, surgery, special equipment, medication or a combination of treatments may be used. Individualized treatment plans take the family's goals and resources into account.

The clinic assists with scheduling, diagnostic testing, arranging for recommended equipment, and providing follow-up as appropriate.

[Make An Appointment 651-290-8707](#) [Refer a Patient 651-325-2200](#)

This information is for educational purposes only. It is not intended to replace the advice of your health care providers. If you have any questions, talk with your doctor or others on your health care team.

If you are a Gillette patient with urgent questions or concerns, please contact Telehealth Nursing at [651-229-3890](#).