

Sleep Medicine

What Is Sleep Medicine?

Pediatric sleep specialists focus on diagnosing and treating sleep disturbances and sleep disorders in children and teens.

Conditions Sleep Medicine Treats

Disabilities and complex conditions often can lead to problems with sleep.

Some of the [sleep disorders](#) we see most often include:

- Circadian rhythm disorders, which cause kids to sleep and wake on an unusual schedule.
- Hypersomnolence, which cause children to sleep too much or be sleepy most of the time.
- Insomnia, which involves difficulty falling or staying asleep.
- Night terrors, which include repeated episodes of intense crying, screaming and fright during sleep.
- Parasomnias, which describe unusual behaviors (like walking or talking) while a child is falling asleep or during sleep.
- Restless leg syndrome, which is a movement disorder that causes an urge to move the legs.
- Sleep apnea, which blocks airflow and interrupts breathing during sleep.

Tests and Treatments

A [sleep study](#) (also known as polysomnography test) can confirm whether or not your child has a sleep disorder.

During an overnight sleep study at the Gillette Sleep Health Clinic, your child will be cared for in a soothing environment that's sound- and light-proof—and there's room for you to stay overnight, too.

While your child sleeps, pediatric sleep medicine specialists use state-of-the-art equipment to monitor your child's:

- Blood pressure.
- Electrocardiographic activity.
- Blood oxygen level.
- Brain wave pattern (through [video electroencephalogram](#)).

- Eye movement.
- Airflow through the nose and mouth.
- Movement of respiratory muscles and limbs.

If your child needs medical support while staying overnight for a sleep study, we offer lift systems, oxygen and suction capabilities, and access to experts in areas such as [neurology](#), [pulmonology and respiratory care](#), and the Gillette [Pediatric Intensive Care Unit](#).

Integrated Care

Gillette offers one of the nation's only sleep medicine programs designed specifically for children and teens who have disabilities and complex conditions. If your typically developing child experiences sleep disorders that can affect attention, learning, behavior and other abilities—we can help, too.

Our Sleep Medicine experts offer convenient virtual appointments. When you call to schedule a sleep medicine appointment, ask about your virtual appointment options.

Our Team

In addition to having physicians who are board-certified in sleep medicine; our team also includes polysomnographers who are trained respiratory therapists. Gillette is accredited by the [American Academy of Sleep Medicine](#). The American Academy of Sleep Medicine (AASM) reports the Gillette Children's Specialty Healthcare Sleep Health Clinic is one of the most well-run sleep labs its surveyor has ever reviewed. The AASM recently awarded Gillette a five-year reaccreditation. The reaccreditation demonstrates Gillette's commitment to high-quality, patient-centered care.

Kids who have sleep disorders and disturbances often have many needs in addition to sleep health services. That's why Gillette brings together the specialties our patients need in a way that's both comprehensive and convenient. Our sleep health experts often collaborate with specialists from:

- [Neurodiagnostics](#).
- [Neurology](#).
- Neurosciences inpatient care.
- [Pulmonology and respiratory care](#).
- [Gillette Lifetime Specialty Healthcare](#) (for older teens and adults).



[John Garcia, MD](#)

[Sleep Medicine Physician](#)



[Denise Leighty, PNP](#)

[Pediatric Nurse Practitioner](#)



Jennifer Maytum, DNP, APRN, CNP, CNRN

Pediatric Nurse Practitioner

Locations



Alexandria Clinic



Bemidji Clinic



Burnsville Clinic



Duluth Clinic



Mankato Clinic





[St. Paul - Phalen Clinic](#)



[Willmar Clinic](#)

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](#).