

REGIONAL SLEEP DISORDERS CENTER  
**PEDIATRIC  
SLEEP STUDIES**



**PEDIATRIC SLEEP STUDIES AT  
UNIVERSITY OF MARYLAND  
SHORE REGIONAL HEALTH**

UM Shore Regional Health Sleep Disorders Center  
is the Eastern Shore's sole accredited provider  
of pediatric sleep studies.

Contact us at 410-822-1000, ext. 5338.  
FAX: 410-763-7051

More information, including referral forms, can be found  
at [www.umshoreregional.org/programs/sleep](http://www.umshoreregional.org/programs/sleep).

**PEDIATRIC SLEEP STUDY LOCATIONS:**  
**UM Shore Medical Center at Easton**  
219 S. Washington Street  
Easton, MD 21601

**UM Shore Medical Pavilion at Queenstown**  
125 Shoreway Drive, Suite 230  
Queenstown, MD 21658

Patients and their parents are welcome to set up a tour  
of our Sleep Disorders Center before scheduling a study.



### GETTING A GOOD NIGHT'S REST

Sleep disorders disrupt anyone's life, but for a child the inability to get a good night's rest can be particularly difficult—and easily misunderstood.

UM Shore Regional Health provides safe, comfortable and comprehensive sleep studies for children as young as 4 ½ years old and up to their late teens. The studies, designed specifically for children, are done under medical supervision in a home-like setting, and parents can stay right nearby.

We are the Eastern Shore's sole accredited provider of pediatric sleep studies, which can be conducted at UM Shore Medical Center at Easton or UM Shore Medical Pavilion at Queenstown.

### DIAGNOSING CHILD SLEEP DISORDERS

Some insomnia and restlessness in children can be a passing phase they will outgrow.

But not always ...

According to the American Academy of Pediatrics, children ages 5 through 12 should get between 10 and 11 hours of sleep a night; teenagers need an average of 9 hours each night. Less sleep than that can have significant, negative health impacts on the child.

Signs of pediatric sleep disorders can be:

- Moodiness/irritability
- Declining school performance
- Attention deficit disorder
- Bedwetting in older children

### WHAT IS THE SLEEP STUDY?

Our clinical team monitors the child's sleep using painless, noninvasive sensors.

The testing environment is designed to provide a relaxed and comfortable experience. State-of-the-art testing is conducted according to standards of accreditation.

When appropriate, both diagnostic and therapeutic testing can be completed in a single night to improve efficiency of patient care.

Parents can accompany the child at the outset of the test and in some cases can stay overnight in a separate bed.

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### WHO WE ARE

The UM Shore Regional Health Sleep Disorders Center is accredited by the American Academy of Sleep Medicine.

Our board-certified, state-licensed technologists consistently receive high marks from patients regarding the professional and considerate care delivered during their sleep studies.



### M. WALID KAMSHEH, MD Interim Director

Board-certified in Neurology and Sleep Medicine by The American Board of Psychiatry and Neurology

[umshoreregional.org/programs/sleep](http://umshoreregional.org/programs/sleep)