

## Nemours Childrens Sleep Center Opening



On Monday, December 19, the new Nemours Children's Sleep Center opened for the children and families of Northwest Florida. As the only pediatric facility in Escambia County, the center is expected to see more than 500 patients each year.

All children need a good night's sleep — and when they don't get enough sleep or good quality sleep, it can affect how they feel, act and perform in school.

Nemours' board-certified sleep medicine and pulmonology experts have special training to diagnose, evaluate the causes of, and treat sleep disorders in children such as sleep apnea, insomnia, delayed sleep phase syndrome (DSPS), narcolepsy, nightmares and restless leg syndrome. And, for children who have additional medical needs including tracheotomies and chiari malformation, it is even more imperative that they are seen by pediatric sleep specialists who are specifically trained to meet their needs.

Most adult labs do not accept children, and even if they did, there is a significant difference in the diagnosis and management of sleep disorders in toddlers versus teens. The sleep center is specifically designed with children in mind with the goal of making their visit as comfortable as possible. Children as young as newborns up to 18 years old will be seen at the center.

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<https://stage.mediaroom.com/nemoursfoundation/2016-12-16-Nemours-Childrens-Sleep-Center-Opening>