



The Sleep Disorders Center at Nationwide Children's Hospital

♥ *The Sleep Disorders Center at Nationwide Children's Hospital assists primary care physicians and specialists with the diagnosis and treatment of infants, children and adolescents with sleep problems. Twenty percent of all children suffer from some type of sleep problem. The causes range from poor sleep habits to serious underlying medical conditions. Whatever the cause, the Sleep Disorders Center at Nationwide Children's Hospital can comprehensively evaluate children and make appropriate treatment recommendations.*





The Sleep Disorders Center performs more than 850 overnight polysomnographic studies annually.



Dedicated to the Diagnosis and Care of Children with Sleep Disorders

The Sleep Disorders Center features child-friendly sleep rooms to provide the best possible experience for the family and child who require an overnight sleep study.

Overnight sleep study, called polysomnography (PSG), is the standard for diagnosis of obstructive sleep apnea syndrome and other sleep related disorders. Patients are monitored throughout the night, measuring EEG, nasal and oral airflow, EKG, oxygen saturation, expired carbon dioxide, EMG, and chest wall and abdominal wall movement.

Depending on the symptoms, additional parameters such as pH probe and extended montage EEG can be performed as part of the study.

The Sleep Disorders Center performs more than 850 overnight polysomnographic studies annually. The center has six registered polysomnographic technicians and six respiratory care practitioners.

Services Available

- Pediatric polysomnography
- Extended montage EEG
- Polysomnogram with pH monitoring
- Enuresis monitoring
- CPAP/BiPAP therapy
- Multiple sleep latency testing (MSLT)
- Maintenance of wakefulness testing (MWT)
- Outpatient evaluation and treatment
- Neurological consultations
- Psychological consultation and treatment
- Actigraphy

Clinics and Ambulatory Services

Sleep Clinic

This multidisciplinary clinic is designed to detect and treat sleep disorders. Specialists involved in the clinic include a pulmonologist, neurologist, psychologist, certified nurse practitioner, registered respiratory therapist and registered polysomnographic technologist.

Timken Hall, Suite 100
700 Children's Drive
Columbus, OH 43205
(614) 722-4613

CPAP Clinic

This clinic provides one-on-one education and training for patients who will be using CPAP equipment.

- Introduction to CPAP (continuous positive airway pressure)
- Mask selection and desensitization
- CPAP trial and problem solving

Sleep Lab, 3 Tower North
700 Children's Drive
Columbus, OH 43205
(614) 722-4603

When to Refer a Child for Evaluation

There are many behavioral and medical symptoms that are indicators for referring a patient for a sleep study or a sleep clinic evaluation.

Behavioral Symptoms:

- Bedtime resistance and fears
- Nighttime awakenings, feedings, wandering and crying
- Night terrors
- Sleep walking
- Difficulty getting to sleep/staying asleep
- Excessive daytime drowsiness
- Hyperactivity

Medical Symptoms:

- Apnea
- Snoring
- Apparent life-threatening events (ALTE)
- Nocturnal seizures/unusual movement during sleep
- Unusual sleep schedule
- Excessive daytime sleepiness
- Insomnia

Diagnoses Suggesting Possible Sleep Disturbance:

- Gastroesophageal reflux
- Chronic lung disease
- Attention deficit disorder (ADD)
- Depression/psychological disorders

When requesting an appointment please complete a referral form with a current history and physical, and fax to the Sleep Disorders Center at FAX (614) 722-6746.

To discuss a patient case with a specialist call (614) 722-4613.

Sleep Clinic Team Members

Mark Splaingard, MD

is the director of the Sleep Disorders Center at Nationwide Children's Hospital. He is board certified in pediatrics, pediatric pulmonology, physical medicine and rehabilitation, and sleep medicine.

Samuel Dzodzomenyo, MD

is a neurologist at Nationwide Children's Hospital and a clinical assistant professor of pediatrics and neurology at The Ohio State University.

Kevin C. Smith, PhD

is in the Department of Psychology at Nationwide Children's Hospital. He is interested in the role cognitive-behavioral interventions play in the treatment of pediatric sleep disturbances.

Iris Keith, RRT, RPSGT, BS

is the technical director of the Sleep Disorders Center.

Amy McNair, RN, MS, CNP

is a certified pediatric nurse practitioner.

Karen Annis, RRT, RPSGT

is the CPAP clinical coordinator.



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