



**PHOENIX  
CHILDREN'S  
Hospital**



## **Phoenix Children's Hospital Sleep Disorders Clinic**

The Sleep Disorders Clinic at Phoenix Children's Hospital treats a variety of problems that compromise healthy sleeping habits and keep children and their parents from having a comfortable night's rest.

One of 40 sub-specialties offered at the Hospital, the Clinic addresses several disorders, including obstructive sleep apnea, central sleep apnea, delayed sleep phase syndrome, restless leg syndrome, night terrors, and narcolepsy. All consultations and examinations are conducted by Pulmonologist and Sleep Disorders Specialist Rupali Drewek, MD.

Depending on symptoms, the Clinic's comprehensive exam process includes an initial consultation, and if needed, an overnight sleep study in which oxygenation, sleep quality, staging of sleep, leg movements and EKG rhythms are closely monitored and evaluated.

### **Symptoms that would warrant a sleep evaluation include:**

- Excessive snoring
- Lapses in breathing
- Gasping for air
- Bedwetting in children older than 6
- Multiple nighttime arousals
- Difficulty initiating or maintaining sleep
- Restless sleep
- Hyperactivity
- A decline in school performance
- Excessive drowsiness
- Sleep walking
- Night terrors

Clinic Hours: Monday-Friday 9 a.m. to 4 p.m.  
Referrals and Appointments: (602) 546-0330