

Ask yourself, or your child, these questions:

	Toddler/preschool (2-5 years)	School-aged (6-12 years)	Adolescent (13-18 years)
1. Bedtime problems	Does your child have any problems going to bed? Falling asleep?	Does your child have any problems at bedtime? (P) Do you have any problems going to bed? (C)	Do you have any problems falling asleep at bedtime? (C)
2. Excessive daytime sleepiness	Does your child seem overtired or sleepy a lot during the day? Does she still take naps?	Does your child have difficulty waking in the morning, seem sleepy during the day or take naps? (P) Do you feel tired a lot? (C)	Do you feel sleepy a lot during the day? In school? While driving? (C)
3. Awakenings during the night	Does your child wake up a lot at night?	Does your child seem to wake up a lot at night? Any sleepwalking or nightmares? (P) Do you wake up a lot at night? Have trouble getting back to sleep? (C)	Do you wake up a lot at night? Have trouble getting back to sleep? (C)
4. Regularity and duration of sleep	Does your child have a regular bedtime and wake time? What are they?	What time does your child go to bed and get up on school days? Weekends? Do you think he/she is getting enough sleep? (P)	What time do you usually go to bed on school nights? Weekends? How much sleep do you usually get? (C)
5. Snoring	Does your child snore a lot or have difficult breathing at night?	Does your child have loud or nightly snoring or any breathing difficulties at night? (P)	Does your teenager snore loudly or nightly? (P)

(P) Parent-directed question • (C) Child-directed question

If you answered 'yes' to any of these questions, your child may have a sleep problem that should be discussed with his or her doctor. The UPMC Sleep Medicine team of experts provide sleep evaluation and diagnostic services to children ages 2 and up.

Visit us online at UPMC.com/CentralPaSleep to learn more about our services.



Up to 50%
of children will
experience
a sleep problem*

*Source: American Academy of Family Physicians; Checklist source: "A Clinical Guide to Pediatric Sleep: Diagnosis and Management of Sleep Problems" by Jodi A. Mindell and Judith A. Owens; Lippincott Williams & Wilkins

Locations accepting patients age 2 and older:

UPMC Outpatient Services

Suite 205
4310 Londonderry Road
Harrisburg, PA 17109
717-791-2520

UPMC Outpatient Services

2015 Technology Parkway
Mechanicsburg, PA 17055
717-791-2520

Alexander Spring FamilyCare

Suites 1 and 2
1533 Commerce Avenue
Carlisle, PA 17015
717-791-2520

Locations accepting patients age 5 and older:

UPMC Pulmonary and Sleep Medicine Hillside Medical Building

Suites 200-202
250 Fame Avenue
Hanover, PA 17331
717-316-2229

UPMC Pulmonary and Sleep Medicine Outpatient Services

Suite 4120
1703 Innovation Drive
York, PA 17408
717-849-5317

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