Pediatric Sleep
Clinic

The Pediatric Sleep Clinic at the Munroe-Meyer Institute is staffed by faculty in the Department of Pediatrics at the University of Nebraska Medical Center. Dr. Brett R. Kuhn, a Licensed Psychologist and the Clinic Director, is certified in Behavioral Sleep Medicine and is an individual member of the American Academy of Sleep Medicine.

“What so much!! Only now do I realize what a blur the previous 6-7 months were. Thanks for helping us get some rest and enjoy our baby, each other, and our family!”

What Is the Cost?
Pediatric sleep clinic services are typically covered by insurance policies. Information on insurance coverage is available through the Munroe-Meyer Institute, Patient Information Office at 402-559-5730.

For more information or to schedule an appointment contact the Munroe-Meyer Institute at (402) 559-5730 or (800) 656-3937 ext. 9-5730.

Munroe-Meyer Institute
A University Center for Excellence in Developmental Disabilities Education, Research and Service
985450 Nebraska Medical Center
Omaha, NE 68198-5450
Q. How common are childhood sleep problems?

Nearly one of every four children will experience a sleep disturbance sometime between infancy and adolescence. In fact, children’s sleep problems are among the top five parental concerns presented to pediatricians.

Q. How do parents know if their child has a sleep problem that requires professional attention?

A child who has trouble sleeping rarely suffers alone. The whole family is affected. Even a common childhood sleep problem, such as nighttime waking, may warrant professional attention if it is long-standing, or beginning to affect the child’s (or parents’) mood, behavior, or school performance.

Q. What types of childhood sleep problems are treated at the pediatric sleep clinic?

Some common pediatric sleep problems we treat include:

- Bedtime resistance
- Bed-wetting
- Compliance with medical treatments for sleep disorders such as sleep apnea or narcolepsy
- Difficulty settling
- Head banging, body-rocking
- Insomnia
- Nightmares
- Nighttime fears
- Nighttime waking
- Sleep-related eating
- Sleep terrors
- Sleep schedule problems
- Sleepwalking
- Weaning

Q. What treatments are available for childhood sleep problems?

There are a number of tested and proven treatments available that go beyond simply “letting a child cry it out”. A specific treatment program will be adapted to the child’s particular sleep problem and family situation. Most childhood sleep disturbances can be resolved quickly through outpatient care and without medication. Some sleep-related symptoms, such as snoring, may require a referral for an overnight sleep study.