

Does My Child Need a Sleep Evaluation?

- ★ Does your child have problems going to bed?
- ★ Does your child have problems falling asleep?
- ★ Does your child seem overtired or sleepy throughout the day?
- ★ Does your child have difficulty waking in the morning?
- ★ Does your teenager feel sleepy while driving?
- ★ Does your child experience awakenings throughout the night?
- ★ Does your child have trouble getting back to sleep?
- ★ Does your child experience sleep walking or night terrors?
- ★ Does your child wet their bed? (girls 5+ and boys 6+)
- ★ Does your child have an irregular sleep and wake time during weekdays and weekends?
- ★ Do you think that your child is not getting enough sleep?
- ★ Does your child snore more than two nights a week?
- ★ Does your child have difficulty breathing at night?

If you have answered “yes” to any of the above questions, there is a need to consider a sleep evaluation!

Ask your pediatrician for a referral...

If your child’s pediatrician or primary care physician provides a referral, you will be contacted by our office to schedule evaluation services. When referred by a doctor, we will have the information necessary to coordinate treatment and communicate with your referring physician about our treatment recommendations.

Or schedule directly with us

Appointments can also be scheduled by contacting The Center for Sleep Medicine scheduling office at:

(708) 364-0261

Services are available at these Center locations:

680 N. Lake Shore Drive, Suite 1210
Chicago, Illinois 60611

900 Technology Way, Suite 120
Libertyville, Illinois 60048

1259 Rickert Drive, Suite 100
Naperville, Illinois 60548

10640 W. 165th Street
Orland Park, Illinois 60467

Cost and Insurance Information

Evaluation and treatment services are covered by most commercial medical insurance providers.

While we are happy to provide assistance verifying benefits, patients must accept ultimate responsibility for insurance information and payment for services.

Some insurance plans may require referral and/or pre-authorization through your child’s pediatrician or primary care physician.



The Center for Sleep Medicine

The difference between going to bed, and going to sleep.™

Does Your Child Keep You Up At Night?

We'll help you solve the puzzle!



Evaluation and Treatment of Behavioral Sleep Problems in Children and Adolescents



Your Child Needs a Good Night of Sleep

Sleep affects your child's development in many important ways, including mental and social development, physical health, and emotional regulation. When a child has trouble sleeping, it limits their ability to function well during the day, disrupts the household, and is a source of stress for parents and other family members.

Sleep problems in children are common. Some problems are brief and resolve on their own. When sleep problems persist for more than a few weeks, they may begin to affect a child's mood, behavior, and relationships in the home and at school.

Common behavioral sleep problems found in children include:

- Bedtime resistance or refusal
- "Musical beds" or difficulty sleeping alone
- Sleep schedule problems
- Poor sleep habits and routines
- Nighttime awakenings
- Nighttime fears and nightmares
- Bedwetting
- Sleep walking / Sleep talking

If you feel that you are no longer in control of your child's sleep patterns, do not know what to do to get your child to sleep on their own, or feel that you have tried everything to get your child to sleep through the night, our behavioral sleep medicine services are a great treatment option to consider!

We Can Help Your Child Sleep

Effective behavioral treatments are the recommended option for many common childhood sleep problems. Parents often feel overwhelmed by conflicting instructions offered by books or friends, or find that "textbook" approaches do not work for them.

An understanding of individual developmental needs, behavioral and reinforcing factors, as well as the influence of unique family dynamics and parenting styles on your child's sleep is important to developing a treatment plan that effectively addresses your child's behavioral sleep problem.

Pediatric Sleep Specialists

Michael Scherer, Ph.D.

Dr. Scherer is a certified behavioral sleep medicine specialist who works with children and families, teaching specific behavioral techniques to help children develop better sleep patterns.



Ayelet Snow, M.D.

Dr. Snow is a board certified pediatrician and a sleep specialist as well as a certified pediatric behavioral sleep medicine specialist. She is available to see children ages 0-21.



Evaluation and Treatment

The Center for Sleep Medicine uses a multidisciplinary approach to provide comprehensive assessment and individualized treatment for children with a variety of sleep problems. Our staff includes specialists from pediatrics and clinical psychology with specialized training and expertise in behavioral sleep medicine.

During your care with our team, you and your child will meet with two sleep specialists.

An initial brief consultation with a pediatric sleep physician will screen for underlying medical problems. Screening for these conditions is important as behavioral issues often result when these are present.

A longer discussion with the behavioral sleep specialist will focus on your child's sleep behaviors, as well as behavioral, emotional, cognitive, and other factors that may affect your child's sleep. The specialist will identify strategies and clear steps to changing problematic sleep behaviors.

Follow-up sessions with the behavioral sleep specialist provide additional guidance and an opportunity for us to help with any challenges you may encounter. One to three follow-up sessions are typical.