

Does your child suffer from any of the following?

- Witnessed Apnea
- Snores
- Daytime sleepiness/fatigue
- Inattentiveness or hyperactivity
- Emotional Instability
- Unusual sleep positions
- Bed wetting
- Restless sleep
- Attention deficit/hyperactivity disorder
- Morning headaches
- Growing Pains in legs
- Mouth Breather during the day
- Frequent leg and arm jerks
- Frequent Nightmares
- Frequent screaming, thrashing in Sleep
- Frequent Sleep Walking
- Weight Loss or Poor Weight Gain

If one or more of the above applies to your child please talk to your child's physician about sleep disorders and scheduling your child for a sleep consult/sleep study.

**locations**

**Murray Sleep Center**  
5323 South Woodrow Street  
Suite 205  
Murray, UT 84107  
801-713-0561 • fax 801-713-0564

**Layton Sleep Center**  
124 South Fairfield Road • Suite C  
Layton, UT 84041  
801-593-9576 • fax 801-593-9611

**Orem Sleep Center**  
552 East 1400 South  
Orem, UT 84097  
801-437-4891 • fax 801-437-8492

**South Ogden Sleep Center**  
6112 South 1550 East • Suite 102  
South Ogden, UT 84405  
801-475-5848 • fax 801-475-5853

**South Jordan Sleep Center**  
1325 W. South Jordan Parkway  
Suite 101  
South Jordan, UT 84095  
801-254-2895 • fax 801-254-4715

**Tooele County Sleep Center**  
822 East Main Street • Suite 8  
Grantsville, UT 84029  
435-884-3290 • fax 435-884-3294

 **THE SLEEP INSTITUTE OF UTAH**  
"Professional Sleep Solutions"

  
**How well  
does your  
child sleep?**



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"Professional Sleep Solutions"

How much sleep should your child be getting?

The National Sleep Foundation  
Recommends:

### Toddlers

Children ages one to three should have 12-14 hours of sleep in a 24-hour period. When the child reaches about 18 months of age their naptimes should decrease to once a day and last about one to three hours.

### Preschoolers

Children ages three to five should have 11-13 hours of sleep each night. Additionally, most children do not nap regularly after age five.

### School Aged Children

Children ages five to twelve should obtain 10-11 hours of sleep each night.

Did you know getting enough sleep and having good sleep habits helps your child stay healthy?

Good Sleep Habits to follow:

- Follow a nightly routine
- Make bedtime the same time every night
- Make bedtime a positive and relaxing experience without TV or videos
- Save your child's favorite relaxing, non-stimulating activities until last and have them occur in the child's bedroom
- Keep the light and temperature in your child's room the same all night long
- Encourage them to fall asleep on their own in their own bed.
- Make child's bedroom conducive to sleep – dark, cool and quiet
- Keep TV and computers out of the bedroom

Your Child is in Good Hands



**THE SLEEP INSTITUTE OF UTAH**  
*"Professional Sleep Solutions"*

The Sleep Institute of Utah is a Technically Based Sleep Disorder Company dedicated to quality care, value, and patient service.

Only state of the art equipment is used.

Diagnostic testing and treatments are provided in accordance to the American Sleep Disorders Association's Standards of Practice and guidelines of the American Thoracic Society.

Registered Polysomnographic Technologists perform data scoring.

Board Certified Sleep Specialists perform interpretations.

**New** pediatric services for ages five to twelve.