

A Good Night's Sleep Could Change Everything

If your child has been struggling at home or school, there could be a deeper reason.

An estimated 3-15% of children have sleep apnea, and 90% of those cases are undiagnosed.

If your kids aren't getting the sleep they need due to sleep apnea, it could affect them in multiple areas of their health and brain development during these important years of growth.

If your child has any of these symptoms...

- Snoring
- Mouth breathing
- Waking up tired
- Feeling tired all day long
- Bedwetting
- Poor attention span
- Tantrums
- Night terrors
- ADD/ADHD diagnosis
- Speech problems
- Tooth decay or gingivitis
- Depression/anxiety/irritability

...they could have undiagnosed sleep apnea or another form of sleep-disordered breathing.

Sierra Sleep Airway and Wellness Center
can help with 3 easy steps.

Give Your Kids the Gift of a Lifetime: Health

You're just a phone call away from getting your child the help they need to enjoy an active, healthy life.

Sierra Sleep, Airway and Wellness Center

- 📍 5455 Kietzke Ln, Ste A
Reno, NV 89511
- ☎ 775-977-0822
- ✉ info@sierrasleepwell.com

Did we mention
we treat grown-ups, too?

Learn more:



SierraSleepWell.com



Better Health Starts Now

If your child has an underdeveloped airway, it could lead to development, behavior, and other health problems. We'll help you catch and resolve their airway and sleep disordered breathing now so they can keep growing and reaching their full potential.



Improve difficult behavior Prevent chronic disease Protect their health

Sierra Sleep, Airway and Wellness Center

Breathe well. Sleep well. Live well.

STEP 1



The Sleep Study

Lots of parents worry about subjecting their kids to a difficult sleep study in a lab or covered with uncomfortable, disturbing wires.

Sierra Sleep does it differently.

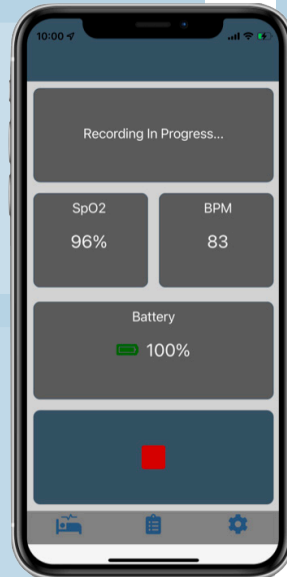
Your child can stick to their routine and fall asleep in their own bed, **wearing the SleepImage Ring**—an FDA-cleared device for monitoring sleep and breathing in kids as young as 2 years old.

The **SleepImage ring** will measure and record their:

-  Sleep Quality
-  Pulse Oximetry
-  Heart Rate
-  Apnea Events

Then automatically **upload the findings to the SleepImage mobile app**. You then have the sleep results gone over in a personalized zoom meeting with our airway success concierge.

Using this data in conjunction with the comprehensive exam, Sierra Sleep Airway and Wellness Center will help you determine if your child has sleep apnea or another sleep-related disorder and how your child can be helped.







STEP 2

The Comprehensive Exam

The sleep test data is just one part of the equation. We'll also perform a full examination of your child's mouth and airway in our center.



The comprehensive exam includes:

-  CBCT imaging of your child's skull, upper & lower jaw and airway development with our in-office CT Machine
-  Diagnostic photos
-  Complete a comprehensive oral-facial exam (head and neck)
-  A review of their results with a sleep physician, if you request. (A small fee is associated with this)

Outside our center, these procedures can be costly and very time consuming.

Bundling the sleep test, exam, CBCT scan, follow up, and treatment saves you time and money.





STEP 3

Their Personalized Treatment Plan

There's more to treating childhood sleep apnea than CPAPs or surgery. (Because what kid would willingly sleep strapped to a CPAP?)

We'll create a unique treatment plan to widen their airway and address any other needs with the goal of improving and even resolving their sleep issues.

Their plan may include:

-  Small, unobtrusive oral appliances to wear while they're sleeping
-  Meeting with other providers for additional services
-  Myofunctional therapy
-  Check-in exams and sleep tests to gage their progress

Most kids complete their treatment in as little as 12-18 months!

Feel good knowing you've helped your child grow now to prevent further health and behavior issues in the future.