

## Directions

### By Car

#### *From Baltimore City and Points South:*

- Take Jones Falls Expressway (I-83) north to the second Northern Parkway exit, 10B west.
- Make a sharp right turn immediately after crossing over I-83 onto West Rogers Avenue (the first street immediately off the exit ramp.)
- Go north on West Rogers Avenue; you will see the hospital on your right.
- Turn right at the entrance to the hospital.

#### *From Points North and East of Baltimore:*

- From the John F. Kennedy Highway (I-95) go south to the Baltimore Beltway (I-695 west) toward Towson.
- Take exit 23 and proceed south on I-83.
- Take the Northern Parkway west exit.
- Turn right onto Northern Parkway and take an immediate right onto West Rogers Avenue.
- The hospital entrance is at the top of the hill on West Rogers Avenue.

## Transportation

Transportation assistance is available, but limited. Please ask your social worker for transportation information.

*Free shuttle service is offered between Johns Hopkins Hospital (Rutland Ave.), Mt. Washington Conference Center (Mt. Washington Village), and Mt. Washington Pediatric Hospital. (Main Entrance)*

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## The Johns Hopkins Pediatric Sleep Center at Mt. Washington Pediatric Hospital

Mt. Washington Pediatric Hospital  
(410) 367-2222 • [mwph.org](http://mwph.org)

1708 West Rogers Avenue  
Baltimore, Maryland 21209-4596

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3001 Hospital Drive  
Cheverly, MD 20785-9999

## The Johns Hopkins Pediatric Sleep Center at Mt. Washington Pediatric Hospital



Pediatric Sleep Center



# Welcome to The Johns Hopkins Pediatric Sleep Center at Mt. Washington Pediatric Hospital



The Johns Hopkins Pediatric Sleep Center at Mt. Washington Pediatric Hospital is pleased to offer comprehensive evaluation and care for children with sleep-disordered breathing including children with:

- Snoring and suspected obstructive sleep apnea
- Known obstructive sleep apnea requiring CPAP or BiPAP therapy
- Suspected sleep-related respiratory failure or apnea related to neuromuscular disease such as muscular dystrophy or cerebral palsy
- Conditions that increase the risk of sleep-disordered breathing such as obesity, Down syndrome and achondroplasia.

## A Full Range of Care

The Pediatric Sleep Center has a five-bed state-of-the-art sleep laboratory that operates seven days a week. Our laboratory is dedicated to the care of pediatric patients with highly trained technicians and child-friendly rooms. Each room contains a second bed for a caregiver to spend the night with the child.

If you would like to order a sleep study to evaluate your patient for obstructive sleep apnea without evaluation in our clinic please call our partners at Sleep Services of America at 410-691-3531 or 410-691-3994.

To assure that the most appropriate study is done in the laboratory it is required that children with the following be seen in clinic prior to a sleep study:

- Children under the age of 1 year
- Children with complex medical issues
- Children with behavioral issues that may make having a sleep study difficult
- Children on oxygen, ventilators, with a tracheotomy, on CPAP or BiPAP.

To schedule an evaluation by our sleep specialists, please call 410-955-2035 and ask to make an appointment in the Johns Hopkins Pediatric Pulmonary and Sleep Clinic at Mt. Washington Pediatric Hospital.

Specialized sleep laboratory studies to evaluate children for nighttime seizure activity and narcolepsy are also available. Prior evaluation in clinic is required for these studies.

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*Mt. Washington Pediatric Hospital: An affiliate of the University of Maryland Medical System and Johns Hopkins Medicine.*

Mt. Washington Pediatric Hospital is a non-profit organization which is dependent upon the generous financial support of the community to maintain and establish patient care programs. In that regard, your tax deductible gift would be greatly appreciated. To make a gift, visit [mwph.org](http://mwph.org).

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