Sleep Screening Questionnaire

Please answer the questions below to help us assess the possibility of a sleep disorder which may be related to your dental and overall health. There is often a correlation between grinding of the teeth, TMJ disorders, breakdown of the teeth and sleep disorders. Sleep apnea may also increase your risk for many different health conditions including heart attack and stroke. If you are here with your child (under 16), please fill out the lower portion marked "For children only" for your child.

Name:		Height:		Weight:	<u></u>
pwor	th Sleepiness Scale				
	kely are you to doze off or fall asleep in the fo	ollowing situations, in contr	ast to just f	eeling tired	?
	0 = I would never doze	2 = I have a moderate			
	1 = I have a slight chance of dozing	3 = I have a high char	nce of dozin	g	
ituati	ion	c	hance of De	ozing	
 Sitting and reading 			-	_	
2.				_	
3.	. , , ,			_	
4.					
5.		circumstances permit		3	
6.	•		-	á á	
7.	• . ,		-	9	
8.	In a car while stopped for a few minutes in	traffic			
		Total Score		ī	100
ave yo	ou ever been diagnosed with:		Yes	No	
1.	Impaired Cognition (i.e. difficulty concentra	ating or thinking)			
2.	Mood Disorders/Depression	.75.0 (75.0)			
3.	Insomnia				
4.	Hypertension (high blood pressure)	8 C H#85 1			
5.	Ischemic Heart Disease (Coronary Artery Di	sease/Atherosclerosis)			
6.	History of Stroke				
7.	Sleep Apnea				
	If yes: Did you try to use CPAP				
8.	TMJ problems significant enough to require	e treatment			
9.	Gastric Reflux (GERD) or Heartburn		[3]	ar	
re you	aware of (or have you been told):		Yes	No	
	Snoring on a regular basis				
2.	Feeling tired or fatigued on a regular basis				
3.					
4.	Having frequent headaches		7, 27		
5.	Your neck size being > 17 inches (male) or	> 16 inches (female)			
6.	Anyone in your family having sleep apnea				
7.	Stopping breathing when sleeping/awaken	ing with a gasp			
or chil	dren only (filled out by parent or guardian)				
re you	aware of your child:		Yes	No	
1.	Snoring/noisy breathing while sleeping				
2.	Grinding his or her teeth				
3.	Wetting the bed				
4.	Having difficulty in school/learning				
5.	Being treated for ADD or ADHD				
6.	Breathing primarily through their mouth				
7.	Having frequent nightmares/night terrors				
8.	Having frequent ear aches		Ö	ā	
	1000 %				
ental E	xam Findings:		The state of the s	ue	☐ Crowded airway
	☐ Tori or Bone	Loss 🔲 Anterior w	ear		☐ Retrognathia / Class II