

SLEEP SCREENING QUESTIONNAIRE

| DOB:

Basic Information

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.

Height

Weight

Epworth Sleepiness Scale

How likely are you to doze off or fall asleep in the following situations, in contrast to just feeling tired?

Sitting and reading

Watching TV

Sitting inactive in a public place (e.g. a theater or a meeting)

As a passenger in a car for an hour without a break

Lying down to rest in the afternoon when circumstances permit

Sitting and talking to someone

Sitting quietly after lunch without alcohol

In a car while stopped for a few minutes in traffic

Personal History

Have you ever been diagnosed with

Impaired Cognition (i.e. difficulty concentrating or thinking)

Mood Disorders/Depression

Insomnia

Hypertension (high blood pressure)

Ischemic Heart Disease (Coronary Artery Disease/Atherosclerosis)

History of Stroke

Sleep Apnea

TMJ problems significant enough to require treatment

Gastric Reflux (GERD) or Heartburn

Are you aware of (or have you been told)

Snoring on a regular basis

Feeling tired or fatigued on a regular basis

Clenching or grinding your teeth (bruxism)

Having frequent headaches

Your neck size being > 17 inches (male) or > 16 inches (female)

Anyone in your family having sleep apnea

Stopping breathing when sleeping/awakening with a gasp

Are you here with child (<16 years old)?	
Are you aware of your child	
Snoring/noisy breathing while sleeping	
Grinding his or her teeth	
Wetting the bed	
Having difficulty in school/learning	
Being treated for ADD or ADHD	
Breathing primarily through their mouth	
Having frequent nightmares/night terrors	
Having frequent ear aches	