

SNORING/SLEEP APNEA QUESTIONNAIRE

IT IS ESTIMATED THAT UP TO 95% OF ADULTS WITH OBSTRUCTIVE SLEEP APNEA (OSA) REMAIN UNDIAGNOSED AND THAT 25% OF MEN AND 9 % OF WOMEN OVER 40 SUFFER FROM THE CONDITION. OSA IS A CHRONIC CONDITION WHICH PROFOUNDLY AFFECTS A SUFFERER'S QUALITY OF LIFE, COGNITIVE, CARDIOVASCULAR, AND METABOLIC HEALTH.

PLEASE FILL OUT THE FOLLOWING SCREENING QUESTIONNAIRE THAT WE MIGHT BETTER IDENTIFY YOUR RISK

PATIENT'S NAME: _____

TODAY'S DATE: _____

DO YOU OR HAVE YOU EVER BEEN TOLD YOU SNORE? YES NO

HAVE YOU EVER BEEN DIAGNOSED WITH SLEEP APNEA? YES NO

DO YOU WAKE UP FEELING TIRED AND REMAIN TIRED THROUGHOUT THE DAY? YES NO

DO YOU HAVE OR TAKE MEDICATIONS TO TREAT ANY OF THE FOLLOWING CONDITIONS:

HIGH BLOOD PRESSURE? YES NO

DIABETES? YES NO

ACID REFLUX? YES NO

ARE YOU HAPPY WITH YOUR SMILE? YES NO

ARE YOU INTERESTED IN A STRAIGHTER OR WHITER SMILE? YES NO

PLEASE PROVIDE US WITH ANY ADDITIONAL INFORMATION THAT MAY MAKE YOUR VISITS WITH US MORE ENJOYABLE _____

THE FOLLOWING CLINICAL EXAM TO BE COMPLETED BY DOCTOR OR HYGIENIST

BLOOD PRESSURE:

MAXILLARY / MANDIBULAR TORI? YES NO

MAXILLARY PALATAL RECESSION OR EROSION? YES NO

SCALLOPED BORDERS OF THE TONGUE? YES NO

HISTORY OF TMJ SYMPTOMS / CLENCHING AND GRINDING? YES NO

PATIENT RECOMMENDED TO SCHEDULE A SAME DAY CONSULTATION? YES NO