Dental Sleep Medicine is the management of sleep related breathing disorders, including snoring and obstructive sleep apnea (OSA). Sleep Apnea can pose significant health risks and affect your overall quality of life. Although OSA must be diagnosed by a certified sleep physician, dentists are in a unique position to screen for medical, physical and dental signs of sleep breathing disorders.

In addition, certified dentists are able to offer treatments with Oral Appliance Therapy (OAT) to alleviate snoring and many cases of mild to moderate sleep apnea.

Dr. Kreuz has continued her commitment to professional education in this important field and is proud to offer dental sleep medicine screening and Oral Appliance Therapy as a part of a whole health approach to her dental practice.

Please complete the following screening questionnaire. Your health is important to us.

### Screening for Obstructive Sleep Apnea

Please answer the following questions below to determine if you might be at risk.

<table>
<thead>
<tr>
<th></th>
<th>Do you Snore?</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>S</td>
<td>Do you often feel Tired, Fatigued, or Sleepy during the daytime?</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>T</td>
<td>Has anyone Observed you Stop Breathing during your sleep?</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>O</td>
<td>Do you have or are being treated for High Blood Pressure?</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>P</td>
<td>Body Mass Index more than 35? (see attached graph)</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>B</td>
<td>Age older than 50?</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>A</td>
<td>Neck size large (greater than 16” around)? (ruler tape available)</td>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td>N</td>
<td>Gender = Male?</td>
<td>YES</td>
<td>NO</td>
</tr>
</tbody>
</table>

**TOTAL YES:**
- **0-2 Low Risk:** Green
- **3-4 Moderate Risk:** Orange
- **5-8 High Risk:** Red

### Symptoms

Please mark all that apply

- Morning Headaches
- Morning Hoarseness
- Difficulty concentrating
- Moodiness
- Feel unrefreshed in Morning
- Nighttime grinding or clenching
- Jaw clicking or pain
- Nighttime congestion
- Chronic cough &/or throat irritation
- Mouth breathing
- Weight gain
- Snoring
- Frequent waking at night, restlessness
- Frequent Urination at night
- Night sweating
- Need caffeine during day to function
- Hyperactivity
- Family history of Sleep Apnea

**Low Risk:** Green
**Moderate Risk:** Orange
**High Risk:** Red

### Medical Co-Factors

Please mark all that apply

- High Blood Pressure
  - Controlled with Meds
  - Not Medicated
  - Meds taken with little effect
- Congestive Heart Failure
- Coronary Artery disease
- Atrial Fibrillation
- Chronic Fatigue Syndrome
- ADD/ADHD
- Diabetes
- Smoking
- Asthma
- GERD (gastric reflux)
- Insomnia
- Depression
- Allergies

**Low Risk:** Green
**Moderate Risk:** Orange
**High Risk:** Red
Dental Signs and Symptoms

- Scalloped Tongue
- Linea Alba
- Tooth Wear
- Bruxism
- Tori Mx Mn
- Limited nasal airway R L
- Narrow Maxilla
- Narrow Mandible
- Large tongue
- Inflamed soft palate & uvula
- Elongated uvula

Notes:

_______________________________________________________________________________________________
___________________________________________________________________
_________________________________
______________________________________________________________________
______________________________

Mallampati Classification - Upper Airway Evaluation

Class I  Class II  Class III  Class IV

Low Risk:  Moderate Risk:  High Risk:

Tonsil Classification

0  1  2  3  4
Surgically removed tonsils  Tonsils hidden within tonsil pillars  Tonsils extending to the pillars  Tonsils are beyond the pillars  Tonsils extend to midline

Low Risk:  Moderate Risk:  High Risk:

Clinical Recommendations

Based on the results of your dental sleep apnea screening, it is the recommendation of Dr. Stacey Kreuz:

- You are at high risk for Sleep Apnea. A referral to a medical sleep center is strongly recommended for further testing.
- You are at moderate risk for Sleep Apnea. A referral to a medical sleep center is recommended for further testing.
- You are at low risk for sleep apnea. A sleep study will be provided at your request.
- You may be an appropriate candidate for Oral Appliance Therapy (i.e. snore appliance, MAP)

Your health is dynamic. Should your symptoms, health, weight, or sleep quality change, your risk should be reassessed. We would be happy to review the details of this questionnaire or answer your questions at any time. If you know of anyone you think should be assessed for sleep apnea or snoring, we offer a complimentary Dental Sleep Medicine Screening to friends and family.