



SLEEPING & BREATHING CHECKLIST

Sleep disorders are common yet overlooked as causing a wide variety of symptoms in both children and adults. **This checklist can be used to determine if the patient should see an ENT who has experience in sleep medicine.** Sleep disordered breathing (SDB) is estimated to affect approximately 56% of men and 31% of women. (European Respiratory Journal 2018 52: Suppl. 62, PA4357). Unfortunately, the prevalence in children is more difficult to define due to lack of universal definition for this age group. Estimates from a variety of studies indicate the number to be 7% - 80% with a significant number of children with SDB in special education classrooms. Craniofacial development is highly dependent upon nasal breathing with the mouth closed and disruptions to this system can lead to widespread and lifelong problems.

MOUTH POSTURE DURING SLEEP

- | | |
|--|---|
| <input type="checkbox"/> Mouth closed during sleep | <input type="checkbox"/> Mouth open during sleep |
| <input type="checkbox"/> Combination of mouth closed/open | <input type="checkbox"/> Client is unsure if mouth open/closed during sleep |
| <input type="checkbox"/> Bite lines on the inside of cheeks | <input type="checkbox"/> Client grinds teeth during sleep/clenches jaw |
| <input type="checkbox"/> Mouth Posture during sleep: Other _____ | <input type="checkbox"/> Mouth is open for breathing DURING THE DAY |

CLENCHING & GRINDING

- | | |
|---|---|
| <input type="checkbox"/> No reports of clenching or grinding | <input type="checkbox"/> Grinds teeth during sleep |
| <input type="checkbox"/> Clenches jaw | <input type="checkbox"/> Jaw pain in the morning |
| <input type="checkbox"/> Teeth pain in the morning | <input type="checkbox"/> Bite lines on inside of cheeks |
| <input type="checkbox"/> Tongue scalloping | <input type="checkbox"/> Tori (Bony growths) on jaw or palate |
| <input type="checkbox"/> Clenching and/or grinding during the day | <input type="checkbox"/> Other: _____ |

SNORING

- | | |
|---|--|
| <input type="checkbox"/> NO Snoring/noisy breathing during sleep | <input type="checkbox"/> YES Snoring/noisy breathing is typical during sleep |
| <input type="checkbox"/> Client only snores when sick | <input type="checkbox"/> Client has occasional noisy breathing while asleep |
| <input type="checkbox"/> Client is unsure if snoring while asleep | <input type="checkbox"/> Other: _____ |

MENTAL HEALTH

- | | |
|---|--|
| <input type="checkbox"/> No difficulty | <input type="checkbox"/> Attention difficulties |
| <input type="checkbox"/> Hyperactivity | <input type="checkbox"/> ADHD or other diagnosis |
| <input type="checkbox"/> Difficulties with temper | <input type="checkbox"/> Difficulties with transitions |
| <input type="checkbox"/> Anxiety | <input type="checkbox"/> Moody/argumentative |
| <input type="checkbox"/> Social anxiety | <input type="checkbox"/> Mental Health: Other _____ |

SLEEP BEHAVIORS

- | | |
|---|---|
| <input type="checkbox"/> No difficulty | <input type="checkbox"/> Trouble falling asleep |
| <input type="checkbox"/> Long bedtime routine | <input type="checkbox"/> Restless sleeper |
| <input type="checkbox"/> Frequently wakes up during night | <input type="checkbox"/> Nighttime bedwetting |

- Still tired in the morning
- Dry mouth in the morning
- Day time sleepiness
- Odd sleep positions

- Difficult to arouse in the morning
- Drooling on pillow
- Excessive sleep time
- Other: _____

EDUCATION / WORK

- No problems
- Difficulty concentrating
- Social difficulty
- Organizational difficulties
- Education / Work Other: _____

- Learning disabilities
- Need to constantly move
- Negative attitude
- Problems with time management