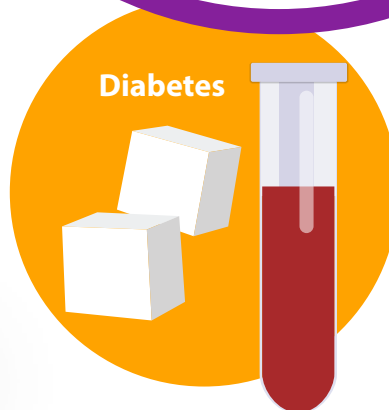
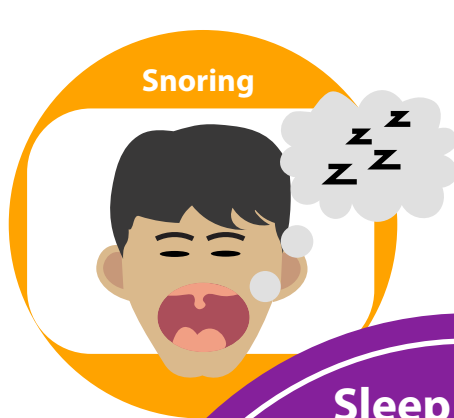


# ADULT SLEEP APNEA

## OSA - Obstructive Sleep Apnea

Misaligned teeth or jaws could be the cause! Straight teeth could be the cure!



**Sleep Apnea**  
is a potentially serious sleep disorder in which breathing repeatedly stops and starts during sleep.

Complications can include those you see here and many more!

Dr. Lipkin is trained to evaluate, identify, and treat the underlying causes of OSA in children and adults.

**Please fill out the questionnaire on the reverse side.**



For our practice, orthodontics is MUCH more than straight teeth!

[www.GotBraces.com](http://www.GotBraces.com)

# ADULT SLEEP ASSESSMENT

Your doctor would like you to complete this form as accurately and honestly as possible. In our practice we are very interested in our patient's overall health. Orthodontic treatments can often correct dental discrepancies or skeletal malocclusions that are causing sleep problems and subsequent health problems.

*Please complete this questionnaire prior to your appointment with us.*

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

DOB: \_\_\_\_\_ Age: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_

Please list any medical problems within the last 5 years (hypertension, diabetes, surgery, etc)

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Have you suffered a heart attack or stroke? \_\_\_\_\_ When? \_\_\_\_\_

SLEEP BEHAVIORS	Circle the appropriate response		
• Do you snore at night?	YES	NO	OCCASIONALLY
• Witnessed pauses in breathing while asleep?	YES	NO	OCCASIONALLY
• Do you have difficulty falling asleep?	YES	NO	OCCASIONALLY
• Do you have difficulty maintaining sleep?	YES	NO	OCCASIONALLY
• Experience a restless sensation in legs while laying awake in bed?	YES	NO	OCCASIONALLY
• Kicking and twitching movements while asleep?	YES	NO	OCCASIONALLY
• Experience excessive daytime tiredness?	YES	NO	OCCASIONALLY

## Circle all that apply:

### DO YOU FREQUENTLY AWAKEN WITH:

Dry Mouth                      Nasal Congestion                      Headache                      Heartburn  
 Chest Pain                      Excessive Sweating                      Choking & Gasping                      Feeling Groggy & Unrefreshed

According to the following scale, choose the appropriate number value to represent how likely you are to fall asleep during the day in the following situations. Try to be as honest as possible. If possible, have your significant other help you fill this portion out.

	0-Never	1-Slight Chance	2-Moderate	3-Always
Sitting and reading	0	1	2	3
Watching TV	0	1	2	3
Sitting inactive in public (movie theater, waiting room, meeting)	0	1	2	3
Sitting and talking to someone	0	1	2	3
As a passenger in a car for an hour without a break	0	1	2	3
Driving a vehicle for an hour or less	0	1	2	3

**For our practice, orthodontics is MUCH more than straight teeth!**