

Adult Sleep & Breathing Questionnaire

Date: _____

Patient's Name: _____

Patient's Date of Birth: _____ Age: _____

Male _____ Female _____

Have you ever had a sleep test administered? _____ yes _____ no

If yes - when did you have your last sleep test? _____

Have you been diagnosed with Sleep Apnea? _____ yes _____ no

Do you currently use a CPAP or Sleep Appliance for Sleep Apnea? _____ yes _____ no

Are you happy with your CPAP or Sleep Appliance? _____ yes _____ no

If you are not happy - why? _____

How often do you get out of bed to use the restroom during the night? _____

	Yes	No
Do you usually wake feeling tired and unrested?	<input type="checkbox"/>	<input type="checkbox"/>
Do you habitually snore?	<input type="checkbox"/>	<input type="checkbox"/>
Have you been diagnosed with Hypertension/High Blood Pressure?	<input type="checkbox"/>	<input type="checkbox"/>
Do you often suffer from waking headaches?	<input type="checkbox"/>	<input type="checkbox"/>
Do you regularly experience daytime drowsiness or fatigue?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have blocked nasal passages?	<input type="checkbox"/>	<input type="checkbox"/>
Has anyone observed you stop breathing during your sleep?	<input type="checkbox"/>	<input type="checkbox"/>
Do you ever wake up choking or gasping?	<input type="checkbox"/>	<input type="checkbox"/>
Do you grind your teeth while sleeping?	<input type="checkbox"/>	<input type="checkbox"/>
Is your neck circumference greater than 40 cm/ 15.75" ?	<input type="checkbox"/>	<input type="checkbox"/>
Is your Body Mass Index (BMI) more than 35?	<input type="checkbox"/>	<input type="checkbox"/>

BMI Formula BMI = $\frac{\text{(your weight in pounds X 703)}}{\text{(your height in inches X your height in inches)}}$