



DENTAL SLEEP QUESTIONNAIRE

Quality sleep has more to do with our general health than most other factors. Poor sleep can be related to oral health, and other conditions including heart attacks, high cholesterol, strokes, reflux, digestive disorders, and neurological disorders such as headache.

Because of our concern for your overall health, and the fact that our office can help you in the diagnosis and treatment of sleep disorders, we are asking you to answer the following questions:

PATIENT NAME: _____

1 What is your neck size? (circle) 12 / 13 / 14 / 15 / 16 / 17 / 18 / 19 / 20
Score 30 / 32.5 / 35 / 37.5 / 40 / 42.5 / 45 / 47.5 / 50

	YES	NO
2 Do you have high blood pressure?	___(+4)	___
3 Have you been diagnosed with diabetes?	___(+4)	___
4 Do you snore?	___(+3)	___
5 Have you ever been told or noted that you wake up choking or gasping?	___(+4)	___
6 Have you been diagnosed with AFIB or do you note frequent periods of irregular heartbeat?	___(+4)	___
7 Have you been diagnosed with sleep apnea?	___	___
8 Have you been given a CPAP unit to use nightly?	___	___
9 If you have been given a CPAP, do you use it nightly?	___	___

Calculations for Sleep Referral

(add neck score and column)

Total: _____

ANALYZE YOUR SCORE:

<43 = Low Risk

43-48 = Moderate Risk

>48 = Severe Risk

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