

NRHORTHODONTICS

Where beautiful smiles are made

Name: _____ DOB: _____

Children's Sleep and Breathing Questionnaire

Please indicate if your child experiences any of the following symptoms?

Snoring:

No Occurrence Happens Rarely Occurs 2 to 4 times per week Occurs 5-7 times per week

Interrupted Snoring where Breathing Stops:

No Occurrence Happens Rarely Occurs 2 to 4 times per week Occurs 5-7 times per week

Gasping for Air while Sleeping:

No Occurrence Happens Rarely Occurs 2 to 4 times per week Occurs 5-7 times per week

Mouth Breathes during the Day:

No Occurrence Happens Rarely Occurs 2 to 4 times per week Occurs 5-7 times per week

Mouth Breathes while Sleeping:

No Occurrence Happens Rarely Occurs 2 to 4 times per week Occurs 5-7 times per week

Restless Sleep:

No Occurrence Happens Rarely Occurs 2 to 4 times per week Occurs 5-7 times per week

Grinding Teeth while Sleeping:

No Occurrence Happens Rarely Occurs 2 to 4 times per week Occurs 5-7 times per week

Excessive Sweating while Sleeping:

No Occurrence Happens Rarely Occurs 2 to 4 times per week Occurs 5-7 times per week

Wakes Up at Night

No Occurrence Happens Rarely Occurs 2 to 4 times per week Occurs 5-7 times per week

Wetting the Bed:

No Occurrence Happens Rarely Occurs 2 to 4 times per week Occurs 5-7 times per week

Feeling Sleepy/Irritable during the Day:

No Occurrence Happens Rarely Occurs 2 to 4 times per week Occurs 5-7 times per week

Headaches:

No Occurrence Happens Rarely Occurs 2 to 4 times per week Occurs 5-7 times per week

NORTHORTHODONTICS

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Frequent Throat Infections:

No Occurrence Happens Rarely Occurs 2 to 4 times per week Occurs 5-7 times per week

Short Attention Span:

No Occurrence Happens Rarely Occurs 2 to 4 times per week Occurs 5-7 times per week

Trouble Focusing:

No Occurrence Happens Rarely Occurs 2 to 4 times per week Occurs 5-7 times per week

Hyperactive:

No Occurrence Happens Rarely Occurs 2 to 4 times per week Occurs 5-7 times per week

Diagnosed ADD/ADHD:

No Occurrence Happens Rarely Occurs 2 to 4 times per week Occurs 5-7 times per week

Continuous Allergy Symptoms:

No Occurrence Happens Rarely Occurs 2 to 4 times per week Occurs 5-7 times per week

Ear Infections:

No Occurrence Happens Rarely Occurs 2 to 4 times per week Occurs 5-7 times per week

Speech Problems*:

No Occurrence Happens Rarely Occurs 2 to 4 times per week Occurs 5-7 times per week

***If Speech Problems, Does Your Child Struggle With:**

Difficult to Understand your Child's Speech? Y N

Hoarseness? Y N

Swallowing Problems with Liquids and Solids Getting into Nose? Y N

Difficult to Understand on the Phone? Y N

Sometimes Omits Consonants? Y N

Nasal Speech? Y N

Gets Frustrated When People Can't Understand Them? Y N

Uses M, N, NG Instead of P, V, S, Z Sounds? Y N