

# Sleep Balance Academy

## Sleep-Screening Form

1. Name : \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age \_\_\_\_\_ **Male 1 /Female**

Do you have a CPAP or oral sleep appliance **Y/N**, Are you using your sleep appliance or CPAP? **Yes/ No7** Are you overweight? **Yes 3/ No** Have you been observed to stop breathing, coughing, gasping sleeping ? **Yes 4/No** Is your neck size 15.5 inches or more for a female/ 17 inches or more for a male? **Yes2/No** (Circle each) If history of high blood pressure, heart disease, diabetes, thyroid disorder or stroke? **4Yes/No.** Do you have depression/irritability?**2 Yes/No** Smoke? **3 Yes/No** Receded Lower or Upper Jaw? **2Y/N** Do you awaken frequently a t night to urinate? **2Y/N**

## **2. Epworth Sleepiness Scale:** ( Use the following scale to choose the most appropriate number for the situation)

0= would never doze 1= slight chance of dozing 2=moderate chance of dozing 3=high chance of dozing with-**no caffeine**

Sitting and reading	0	1	2	3	
Sitting inactive in a public place	0	1	2	3	
As a passenger in a car for an hour with no break	0	1	2	3	
Lying down to rest in the afternoon when permitted	0	1	2	3	Epworth Score
<b>Sitting and talking to someone*</b>	0	1	2	3	_____
In a car while stopped for a few minutes	0	1	2	3	
Watching TV	0	1	2	3	

If the Epworth Score is in the 7 - 10 Range, score **3** points. If Epworth is **11** or more, score it **6** points. Total \_\_\_\_\_

**Do not add the Epworth score to the points score in this section. An Epworth score less than 7 = zero points.**

## **3. Sleep, Spine, and Dental Questions:**

Do you know or has anyone told you that you have loud or moderately loud snoring? No = 0 Yes = 4

Do you have forward neck posture or awake with morning headaches, jaw or neck pain? No= 0 Yes = 2

Do you grind your teeth? No= 0 Yes = 2

Total Score Sections 1.2.3. \_\_\_\_\_

Patient signature \_\_\_\_\_ Date \_\_\_\_\_

Patient phone number (mobile preferred) \_\_\_\_\_ Consulting Doctor \_\_\_\_\_ Phone \_\_\_\_\_

Total score of 7 or more should consider sleep study or referral. Sleep studies can be ordered at [www.onlinehomesleepstudy.com](http://www.onlinehomesleepstudy.com)