me			DOB/Height/Weight			Date		
uestio	nnaire was developed	based upon the p	ublished findings	of the American	Acade	my of Sleep N	Medicine (AAS	M). The purpose of
		as a s	substitute for any	diagnostic proce	dure.	or a sieep disc	nuel anu is ni	Timeant to be used
8	Have you ever been told you stop breathing while asleep?							
6	Have you ever fallen asleep or nodded off while driving?							
6	Have you ever woken up suddenly with shortness of breath, gasping or with your heart racing?							
4	Do you feel excessively sleepy during the day?							
4	Do you snore, or have you ever been told that you snore?							
2	Have you had weight gain and found it difficult to lose?							
2	Have you taken medication for, or been diagnosed with high blood pressure?							
3	Do you kick or jerk your legs while sleeping?							
3	Do you feel burning, tingling or crawling sensations in your legs when you wake up?							
3	Do you wake up with headaches during the night or in the morning?							
4	Do you have trouble falling asleep?							
4	Do you have trouble staying asleep once you fall asleep?							
Total Score								
			OR CLINICAL	USE ONLY				
Low		Moderate		High				Severe
0-7		8-11					16+	
inlar	ged/Scalloped Toi Gastroesophagea u ever been diagn	Reflux DEr	nlarged Tonsils	☐ Mouth B☐ Yes ☐ No	reath	ner		
	8 6 6 4 4 2 2 3 3 3 4 4 4 iicatic	8 Have you ever b 6 Have you ever b 6 Have you ever f 6 Have you ever w 4 Do you feel exce 4 Do you snore, o 2 Have you had w 2 Have you taken 3 Do you kick or j 3 Do you wake up 4 Do you have tro 4 Do you have tro Total Score Low 0-7	8 Have you ever been told you st 6 Have you ever fallen asleep or 6 Have you ever woken up sudde 4 Do you feel excessively sleepy 4 Do you snore, or have you ever 2 Have you had weight gain and 2 Have you taken medication for 3 Do you kick or jerk your legs w 3 Do you wake up with headache 4 Do you have trouble falling asl 4 Do you have trouble staying as Total Score Low Mod 0-7 8 iications chlarged/Scalloped Tongue Retrue gastroesophageal Reflux Er e you ever been diagnosed with a sleep	pestionnaire was developed based upon the published findings destionnaire is to aid a qualified medical professional in identifyir as a substitute for any or as a substitute for any o	Destionnaire was developed based upon the published findings of the American restionnaire is to aid a qualified medical professional in identifying possible symples as a substitute for any diagnostic process. 8 Have you ever been told you stop breathing while asleep? 6 Have you ever fallen asleep or nodded off while driving? 6 Have you ever woken up suddenly with shortness of breat. 4 Do you feel excessively sleepy during the day? 4 Do you snore, or have you ever been told that you snore? 2 Have you had weight gain and found it difficult to lose? 2 Have you taken medication for, or been diagnosed with his asset of the process o	Destionnaire was developed based upon the published findings of the American Acade estionnaire is to aid a qualified medical professional in identifying possible symptoms or as a substitute for any diagnostic procedure. 8 Have you ever been told you stop breathing while asleep? 6 Have you ever fallen asleep or nodded off while driving? 6 Have you ever woken up suddenly with shortness of breath, gate a Do you feel excessively sleepy during the day? 4 Do you snore, or have you ever been told that you snore? 2 Have you had weight gain and found it difficult to lose? 4 Have you taken medication for, or been diagnosed with high blay on you kick or jerk your legs while sleeping? 8 Do you feel burning, tingling or crawling sensations in your legs on you wake up with headaches during the night or in the more developed by the provided by the	Destionnaire was developed based upon the published findings of the American Academy of Sleep Nestionnaire is to aid a qualified medical professional in identifying possible symptoms of a sleep disc as a substitute for any diagnostic procedure. 8 Have you ever been told you stop breathing while asleep? 6 Have you ever fallen asleep or nodded off while driving? 6 Have you ever woken up suddenly with shortness of breath, gasping or with the poly of the poly o	Destionnaire was developed based upon the published findings of the American Academy of Sleep Medicine (AAS estionnaire is to aid a qualified medical professional in identifying possible symptoms of a sleep disorder and is not as a substitute for any diagnostic procedure. 8