

## 10-Question Risk Assessment for ADULT Sleep and Breathing problems

By: *Healthy Mouth Media and Dr. Scott Saunders*

[www.healthymouthmedia.com](http://www.healthymouthmedia.com)

Note: this quick Assessment is a **tool, NOT a diagnosis**. If you are concerned, please contact an appropriately-trained health care professional for a clinical evaluation and full diagnosis. This is probably NOT your 'regular' doctor since very few have specialized training in sleep and airway (breathing).

These are not the only risk factors for adults (see next page a separate assessment for kids). Your score is simply a guideline to help you understand what risk factors you may have so that you can decide if you want to consult a sleep/breathing specialist.

Score 1 point for every 'Yes' or 'I Don't Know' answer and 0 for every 'No' answer.

1. Have you been told you snore? Yes/Don't know (1) No (0)
2. Have you been told you stop breathing or wake up gasping during sleep? Yes/Don't know (1) No (0)
3. Do you wake up with a dry mouth? Yes/Don't know (1) No (0)
4. Do you wake up with a headache? Yes/Don't know (1) No (0)
5. Do you often breathe through your mouth, especially while sleeping? Yes/Don't know (1) No (0)
6. Do you frequently wake up feeling tired? Yes/Don't know (1) No (0)
7. Do you fall asleep during the day at inappropriate times, like while watching TV? Yes/Don't know (1) No (0)
8. Do you have high blood pressure? Yes/Don't know (1) No (0)
9. Have you had one or more car accidents or 'near misses' in the last year? Yes/Don't know (1) No (0)
10. Do you usually get LESS than 7 hours of sleep a night? Yes/Don't know (1) No (0)

For every 'Yes' or 'I Don't Know' answer, score 1 point. Add up your total score. If you scored 0-3 you are at low risk for a sleep-breathing disorders; 4-6 moderate risk; 7-10 high risk. A low score here does NOT rule out a potential problem.

See the **Resources** section of my **Special Report "Sleep, Breathing and Your Brain"** for a list of organizations with directories of dental and medical professionals who specialize in different aspects of sleep and breathing issues.

## 10-Question Risk Assessment for CHILDREN'S Sleep and Breathing problems

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Note: this quick assessment **is a tool, NOT a diagnosis**, and these are not the only risk factors for children. The score is simply a guideline to help you understand what risk factors your child may have so that you can decide if your next step should be to consult a sleep/breathing specialist to have that child clinically evaluated.

Score 1 point for every 'Yes' or 'I Don't Know' answer and 0 for every 'No' answer.

1. Does the child snore? Yes/Don't know (1) No (0)
2. Are the bed covers a tangled mess in the morning? Yes/Don't know (1) No (0)
3. Do you know/suspect the child has ADHD? Yes/Don't know (1) No (0)
4. Does the child have trouble focusing in school? Yes/Don't know (1) No (0)
5. Does the child frequently breathe with an open mouth, especially while sleeping? Yes/Don't know (1) No (0)
6. Does the child frequently wake up feeling tired? Yes/Don't know (1) No (0)
7. Does the child have 'behavior issues'? Yes/Don't know (1) No (0)
8. Do you frequently get calls from the child's teacher? Yes/Don't know (1) No (0)
9. Is the child frequently anxious or depressed? Yes/Don't know (1) No (0)
10. Does the child often get LESS than 8 continuous hours of sleep a night? Yes/Don't know (1) No (0)

For every 'Yes' or 'I Don't Know' answer, score 1 point. Add up your total score. If you don't know, it would be a good idea for you to observe the child more closely to be able to answer yes or no. Adjust the score as necessary based on your observations. You may want to ask your child's **teacher(s) and coach(es)** if they have noticed any of the above.

If the score is 0-3, the child is at low risk for a sleep-breathing disorders; 4-6 moderate risk; 7-10 high risk. A low score here does NOT rule out a potential problem.

**Remember:** this is a tool, not a diagnosis. If you are concerned, please contact an appropriately-trained health care specialist. This is probably NOT your pediatrician since very few have specialized training in sleep and airway (breathing).

See the **Resources** section of my **Special Report "Sleep, Breathing and Your Brain"** for a list of organizations with directories of dental and medical professionals who specialize in different aspects of sleep and breathing issues.

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