

# Dental Sleep Medicine Screening



Dental Sleep Medicine is the management of sleep related breathing disorders, including snoring and obstructive sleep apnea (OSA). Sleep Apnea can pose significant health risks and affect your overall quality of life. Dentists are in a unique position to screen for medical, physical and dental signs of sleep disordered breathing. In addition, dentists are able to offer treatments with Oral Appliance Therapy (OAT) to alleviate snoring and many cases of mild, and sometimes moderate, sleep apnea.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
Address: \_\_\_\_\_ DOB: \_\_\_\_\_  
\_\_\_\_\_ Email: \_\_\_\_\_

## Screening for Obstructive Sleep Apnea

Please answer the following questions below to determine if you might be at risk.

<b>S</b> Do you <b>SNORE</b> ?	YES	NO	
<b>T</b> Do you often feel <b>TIRED</b> , Fatigued, or Sleepy during the daytime?	YES	NO	
<b>O</b> Has anyone <b>OBSERVED</b> you Stop Breathing during your sleep?	YES	NO	TOTAL YES: <input type="checkbox"/>
<b>P</b> Do you have or are being treated for <b>HIGH BLOOD PRESSURE</b> ?	YES	NO	0-2 Low Risk <input type="checkbox"/>
<b>B</b> <b>BODY MASS INDEX</b> more than 35? Scan QR for BMI chart:	YES	NO	3-4 Moderate Risk: <input type="checkbox"/>
<b>A</b> <b>AGE</b> older than 50?	YES	NO	5-8 High Risk <input type="checkbox"/>
<b>N</b> <b>NECK</b> size large (greater than 16" around)?	YES	NO	
<b>G</b> <b>GENDER</b> = Male?	YES	NO	

## Symptoms

Please mark all that apply

- Morning Headaches
- Morning Hoarseness
- Difficulty Concentrating
- Moodiness
- Feel Unrefreshed in Morning
- Nighttime Grinding or Clenching
- Jaw Clicking or Pain
- Nighttime Congestion
- Chronic Cough and/or Throat Irritation
- Mouth Breathing
- Weight Gain
- Snoring
- Frequent Waking at night, Restlessness
- Frequent Urination at night
- Night Sweating
- Need Caffeine during the day to function
- Hyperactivity
- Family history of Sleep Apnea

## Medical Co-Factors

Please mark all that apply

- High Blood Pressure
  - Controlled with meds
  - Not medicated
  - Meds taken with little effect
- Congestive Heart Failure
- Coronary Artery Disease
- Atrial Fibrillation
- Chronic Fatigue Syndrome
- ADD/ADHD
- Diabetes
- Smoking
- Asthma
- GERD (gastric reflux)
- Insomnia
- Depression
- Allergies

## Dental Signs & Symptoms

Please mark all that apply

- Scalloped Tongue
- Linea Alba
- Tooth Wear
- Bruxism
- Tori Mx Mn
- Limited Nasal Airway R L
- Narrow Maxilla
- Narrow Mandible
- Large Tongue
- Inflamed Soft Palate and Uvula
- Elongated Uvula

## Mallampati Classification - Upper Airway Evaluation



Class I



Class II



Class III



Class IV

Class I-II Low Risk

Class III Moderate Risk:

Class IV High Risk



## Tonsil Classification

0  
Surgically removed tonsils1  
Tonsils hidden within tonsil pillars2  
Tonsils extending to the pillars3  
Tonsils are beyond the pillars4  
Tonsils extend to midline

0-1 Low Risk

2 Moderate Risk:

3-4 High Risk



## Clinical Recommendations:

Based on the highest risk between your dental and medical screening.

- You are at **high risk** for Sleep Apnea: A referral for a home sleep test is strongly recommended.
- You are at **moderate risk** for Sleep Apnea: A referral for a home sleep test is recommended.
- You are at **low risk** for sleep apnea: A referral for a home sleep test will be provided at your request.

Yes, this patient is a suitable candidate for OAT if indicated

No, this patient is not a suitable candidate for OAT

Notes:

Referrer Name:

Signature:

Date:

Please email or fax referral to:  
[referrals@navisleep.com](mailto:referrals@navisleep.com)

506.405.5592