

Doctor/Dentist: _____

Patient's Name: _____

DOB: _____ Age: _____

Relationship to Patient: _____

Pediatrician: _____

Sleep Disordered Breathing Questionnaire for Children

Earl O. Bergersen, DDS, MSD

Please indicate to what degree your child exhibits any of the following symptoms using the scale of severity below. The initial score column should be evaluated and dated at first appointment and the follow-up score column should be evaluated and dated after 3 months of treatment by the same person who filled out the initial assessment.

Date of Initial Assessment: _____

Date of Follow-up Assessment: _____

Filled Out By: _____

Filled Out By: _____

Not Present: 0

Very Mild: 1

Mild: 2

Moderate: 3

Pronounced: 4

Severe: 5

INITIAL SCORE	FOLLOW-UP SCORE		INITIAL SCORE	FOLLOW-UP SCORE	
1. _____	_____	Snoring of any kind	16. _____	_____	Falls asleep watching TV
2. _____	_____	Snores only infrequently (1 night/ week)	17. _____	_____	Wakes up at night
3. _____	_____	Snores fairly often (2-4 nights/ week)	18. _____	_____	Attention deficit
4. _____	_____	Snores habitually (5-7 nights/week)	19. _____	_____	Restless sleep
5. _____	_____	Has labored, difficult, loud breathing at night	20. _____	_____	Grinds teeth
6. _____	_____	Has interrupted snoring where breathing stops for 4 or more seconds	21. _____	_____	Frequent throat infections
7. _____	_____	Has stoppage of breathing more than 2 times in an hour	22. _____	_____	Frequent ear infections
8. _____	_____	Hyperactive	23. _____	_____	Feels sleepy and/or irritable during the day
9. _____	_____	Mouth breathes during day	24. _____	_____	Has a difficult time listening and often interrupts
10. _____	_____	Mouth breathes while sleeping	25. _____	_____	Fidgets with hands or does not sit quietly*: ☐ Muscular tics ☐ Restless (wiggles) legs
11. _____	_____	Frequent headaches in morning	26. _____	_____	Ever wets the bed
12. _____	_____	Allergy symptoms*: ☐ Asthma ☐ Eczema ☐ Nasal congestion ☐ Other: _____	27. _____	_____	Exhibits bluish color at night or during the day
13. _____	_____	Excessive sweating while asleep	28. _____	_____	Nightmares and/or night terrors
14. _____	_____	Talks in sleep	29. _____	_____	Exhibits any of the following*: ☐ Rarely smiles ☐ Feels sad ☐ Feels depressed
15. _____	_____	Poor ability in school*: ☐ Math ☐ Science ☐ Spelling ☐ Reading ☐ Writing	30. _____	_____	Speech problems**

*Please indicate with a ☒ if condition is present

**If scored greater than 0, please continue to Speech
Questionnaire on page 2 (reverse side)

Was the reason for coming to this doctor for SLEEP or DENTAL issues? _____

Continued from question #30 on reverse side

Speech Questionnaire for Children

Not Present: 0

Very Mild: 1

Mild: 2

Moderate: 3

Pronounced: 4

Severe: 5

Speech Assessment

INITIAL SCORE	FOLLOW-UP SCORE		INITIAL SCORE	FOLLOW-UP SCORE	
1. _____	_____	Do you or do others have difficulty understand your child's speech?	9. _____	_____	Seems winded when increasing volume
2. _____	_____	Difficult to understand over the phone	10. _____	_____	Any difficulty in swallowing
3. _____	_____	Uses grunts or screams more than words	11. _____	_____	Stutters
4. _____	_____	Lisp			Any family history of a stutter?
5. _____	_____	Hoarseness			☐ Yes ☐ No
6. _____	_____	Nasal speech	12. _____	_____	Tourette's Syndrome
7. _____	_____	Becomes frustrated when attempting to speak	13. _____	_____	Family history of a speech or language disorder
8. _____	_____	Often uses words with only 1 or 2 syllables	14. _____	_____	Any speech therapy?
					If so, how long? _____

Specific Articulation Questions

INITIAL SCORE	FOLLOW-UP SCORE		INITIAL SCORE	FOLLOW-UP SCORE	
1. _____	_____	Child replaces a "t, d, n, s, z, th or l" with a "p, b, m, w, f, or v" Example: "hap" for "hat", "kif" for "kiss", "fum" for "thumb", or "bav" for "bath"	6. _____	_____	Child replaces a "ch" or a "j" sound with a "sh, v, f, th, or s" Example: "ship" for "chip", "shoo shoo" for "choo choo"
2. _____	_____	Child replaces an "r" with a "w" or an "L" with a "w" or a "y" Example: "wabbit" for "rabbit", "yewo" for yellow "weg" for "leg", "pway" for "play", "wun, for "run"	7. _____	_____	Child changes position of a sound within a word Example: "pasghetti" for "spaghetti", "efelant" for "elephant", "baksit" for "basket"
3. _____	_____	Child replaces a "s, f, v, z, th, j, or h" with a consonant such as "p, b, t, d, k, g" Example: "tock" for "sock", "dump" for "jump", "pan" for fan", "bat" for "fat"	8. _____	_____	Child inserts "uh" into words Example: "stuh-reet" for "street", "fuh-wog" for "frog", "buh-lue" for "blue", "puh-lease" for "please"
4. _____	_____	Child replaces a "p, b, m, w, th, f, or v" with a "t, d, s, z, n, or l" Example: "sum" for "thumb", "muhzer" for "mother"	9. _____	_____	Child replaces a "k" or a "g" with "t" or "d" Example: "doat" for "goat", "tuhtie" for "cookie", "tup" for "cup", "hud" for "hug"
5. _____	_____	Child replaces a "t" or a "d" with "k" or "g" Example: "gog" for "dog", "cop" for "top", "boke" for "boat", "key" for "tea"	10. _____	_____	Child replaces a "sh" with an "s" Example: "sue" for "shoe", "sip" for "ship", "mezza" for "measure"