

Doctor/Dentist: \_\_\_\_\_

Patient's Name: \_\_\_\_\_

DOB: \_\_\_\_\_ Age: \_\_\_\_\_

Filled Out By: \_\_\_\_\_

Relationship to Patient: \_\_\_\_\_

# 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: \_\_\_\_\_

Pediatrician: \_\_\_\_\_

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. _____	_____	Difficult time listening and often interrupts
10. _____	_____	Mouth breathes while sleeping	25. _____	_____	Fidgets with hands or does not sit quietly*: <input type="checkbox"/> Muscular tics <input type="checkbox"/> Restless (wiggles) legs
11. _____	_____	Frequent headaches in morning	26. _____	_____	Ever wets the bed
12. _____	_____	Allergy symptoms*: <input type="checkbox"/> Asthma <input type="checkbox"/> Eczema <input type="checkbox"/> Nasal congestion <input type="checkbox"/> Other: _____	27. _____	_____	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*: <input type="checkbox"/> Rarely smiles <input type="checkbox"/> Feels sad <input type="checkbox"/> Feels depressed
15. _____	_____	Poor ability in school*: <input type="checkbox"/> Math <input type="checkbox"/> Science <input type="checkbox"/> Spelling <input type="checkbox"/> Writing <input type="checkbox"/> Reading	30. _____	_____	Speech problems**

\*\*If scored greater than 0, please continue to Speech Questionnaire on the page 2

\*Please indicate with an  if condition is present

Was the reason for coming to this doctor for **SLEEP** or **DENTAL** issues? \_\_\_\_\_

## Speech Questionnaire Further Speech Assessment

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. _____	_____	Do you or do others have difficulty understanding your child's speech?			9. _____	_____
2. _____	_____	Difficult to understand over the phone			10. _____	_____
3. _____	_____	Uses grunts or screams more than words			11. _____	_____
4. _____	_____	Lisp			12. _____	_____
5. _____	_____	Hoarseness			13. _____	_____
6. _____	_____	Nasal Speech			14. _____	_____
7. _____	_____	Has frustration when attempting to speak			Any family history of a stutter? Y / N	
8. _____	_____	Often uses words with only 1 or 2 syllables			Any speech therapy	
				If so, how long? _____		

### Specific Articulation Questions

Not Present: 0		Very Mild: 1	Mild: 2	Moderate: 3	Pronounced: 4	Severe: 5
1. _____	_____	"hap" for "hat", "kif" for "kiss", "fum" for "thumb", or "bav" for "bath" <i>(Child replaces a "t, d, n, s, z, th or L" with a "p, b, m, w, f, or v")</i>			6. _____	_____
2. _____	_____	"wabbit" for "rabbit", "yewo" for "yellow", "weg" for "leg", "pway" for "play", "wun, for "run" <i>(Child replaces an "r" with a "w" or an "L" with a "w" or a "y")</i>			7. _____	_____
3. _____	_____	"tock" for "sock", "dump" for "jump", "pan" for fan, "bat" for "fat" <i>(Child replaces a "s, f, v, z, th, j, or h" with a consonant such as "p, b, t, d, k, g")</i>			8. _____	_____
4. _____	_____	"sum" for "thumb", "muhzer" for "mother" <i>(Child replaces a "p, b, m, w, th, f, or v" with a "t, d, s, z, n, or L")</i>			9. _____	_____
5. _____	_____	"gog" for "dog", "cop" for "top", "boke" for "boat", "key" for "tea" <i>(Child replaces a "t" or a "d" with "k" or "g")</i>			10. _____	_____
				"ship" for "chip", "shoo shoo" for "choo choo" <i>(Child replaces a "ch" or a "j" sound with a "sh, v, f, th, or s")</i>		
				"pasghetti" for "spaghetti", "efelant" for "elephant", "baksit" for "basket" <i>(Child changes position of a sound within a word)</i>		
				"stuh-reet" for "street", "fuh-wog" for "frog", "buh-lue" for "blue", "puh-lease" for "please" <i>(Child inserts "uh" into words)</i>		
				"doat" for "goat", "tuhtie" for "cookie", "tup" for "cup", "hud" for "hug" <i>(Child replaces a "k" or a "g" with "t" or "d")</i>		
				"sue" for "shoe", "sip" for "ship", "mezza" for "measure" <i>(Child replaces a "sh" with an "s")</i>		

Based on Bauman-Waegler, J.A. 2012, Bernthal, et al. 2013, Bowen 1998, and Grunwell 1997.  
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