

## Sleep-Disordered Breathing Questionnaire

<b>Description of bedtime routine:</b>		
<b>Description of bedroom environment:</b>	Shares bedroom with	
	Co-sleeps with	
	Lights/noise	
	Technology in room	

<b>Sleep time</b>	<b>Weekday</b>	<b>Weekend</b>
Bedtime		
Time to fall asleep (norm 20-30 min)		
Night awakenings, how often?		
Night awakenings, how long?		
Wake time		
Naps (total hours)		
Total sleep time in 24 h period		

<b>Night symptoms of sleep-disordered breathing</b>	<b>Y/N</b>	<b>Comment</b>
Snoring:		
Pauses in breathing:		
Respiratory effort/awakening after pause in breathing:		
Restless sleep:		
Gasping:		
Cyanosis:		
Increased work of breathing:		
Nocturnal diaphoresis:		
Nocturnal enuresis:		
Mouth breathing:		
Neck hyperextension:		
Paradoxical breathing:		

<b>Day symptoms of sleep-disordered breathing</b>	<b>Y/N</b>	<b>Comment</b>
Sleepiness/tiredness/fatigue:		
Hyperactivity:		
Inattention:		
Poor concentration:		
Decline in school performance:		
AM headache		

<b>Other nighttime symptoms</b>	<b>Y/N</b>	<b>Comment</b>
Nightmares:		
Night Terrors:		
Sleep-talking/Sleepwalking:		
Periodic-limb movements:		
Symptoms of narcolepsy:		

<b>Investigations/treatments</b>	<b>Y/N</b>	<b>Comment</b>
Seen by sleep physician?		
Seen/scoped by ENT? When? Finding?		
Adenotonsillectomy?		
Oximetry/PSG? When? Finding?		
Morning VBG/CBG? When? Finding?		
Echo? When? Finding?		
Trial of INC/montelukast? When? Benefit?		
CPAP/BPAP? Last download?		
Home O2?		
Melatonin? Sleep meds?		