



Dr. Justin Poff
7041 Hwy 70 South, Suite 7
(615) 662-2400
poffdentalassociates.com

Powered by Dental Intelligence

SLEEP SCREENING QUESTIONNAIRE

| DOB:

Basic Information

Please answer the questions below to help us assess the possibility of a sleep disorder which may be related to your dental and overall health. There is often a correlation between grinding of the teeth, TMJ disorders, breakdown of the teeth and sleep disorders. Sleep apnea may also increase your risk for many different health conditions including heart attack and stroke.

Height	
Weight	

Epworth Sleepiness Scale

How likely are you to doze off or fall asleep in the following situations, in contrast to just feeling tired?

Sitting and reading	
Watching TV	
Sitting inactive in a public place (e.g. a theater or a meeting)	
As a passenger in a car for an hour without a break	
Lying down to rest in the afternoon when circumstances permit	
Sitting and talking to someone	
Sitting quietly after lunch without alcohol	
In a car while stopped for a few minutes in traffic	

Personal History

Have you ever been diagnosed with	
Impaired Cognition (i.e. difficulty concentrating or thinking)	
Mood Disorders/Depression	
Insomnia	
Hypertension (high blood pressure)	
Ischemic Heart Disease (Coronary Artery Disease/Atherosclerosis)	
History of Stroke	
Sleep Apnea	
TMJ problems significant enough to require treatment	
Gastric Reflux (GERD) or Heartburn	
Are you aware of (or have you been told)	
Snoring on a regular basis	
Feeling tired or fatigued on a regular basis	
Clenching or grinding your teeth (bruxism)	
Having frequent headaches	

Your neck size being > 17 inches (male) or > 16 inches (female)	
Anyone in your family having sleep apnea	
Stopping breathing when sleeping/awakening with a gasp	
Are you here with child (<16 years old)?	
Are you aware of your child	
Snoring/noisy breathing while sleeping	
Grinding his or her teeth	
Wetting the bed	
Having difficulty in school/learning	
Being treated for ADD or ADHD	
Breathing primarily through their mouth	
Having frequent nightmares/night terrors	
Having frequent ear aches	