HEAD AND NECK SURGERY ASSOCIATES

SNORING / SLEEP APNEA QUESTIONNAIRE

Name: Date:

When was your snoring first noticed?	**Never**	**(Approximate date)**	**Mo.**	**Year**	
When was your sleep apnea first noticed?	**Never**	**(Approximate date)**	**Mo.**	**Year**	
Do you have difficulty waking up in the morning?	**No**	**Yes**			
Do you have difficulty staying awake during the day?	**No**	**Yes**			
Do you have difficulty staying awake while driving?	**No**	**Yes**			
Do you have difficulty breathing through your nose?	**No**	**Yes**	**Right side**	**Left side**	
Do you mouth breathe at night?	**No**	**Yes**			
Do you wake up during the night gasping for air?	**No**	**Yes**			
Has anyone ever observed that you stop breathing for periods of time during the night?	**No**	**Yes**			
Have you had a sleep study? ……	**No**	**Yes**			
If "Yes" When:_____ Where: _____					
Have you used: CPAP?	**No**	**Yes**			
Have you used BIPAP?	**No**	**Yes**			
If "Yes" how long did you use it? # _____ days weeks months years					
Are you currently using the machine? ……	**No**	**Yes**			
Are you happy with the machine and the results?	**No**	**Yes**			
Were you ever diagnosed with Sleep apnea? ……	**No**	**Yes**			
If "Yes" when? Date: _____					
By whom? _____					
Have you ever had any nose surgery?	**No**	**Yes on** _____ **by whom?** _____			
Have you ever had any throat surgery?	**No**	**Yes on** _____ **by whom?** _____			
Have you ever had any sinus surgery?	**No**	**Yes on** _____ **by whom?** _____			
Do you snore while on your	**Back**	**Stomach**	**Side**	**All positions**	
Do you exercise?	**Never**	**Rarely**	**Occasionally**	**Frequently**	**Daily**
Have you ever been evicted from your bed or bedroom?	**No**	**Yes**			
Has your bedpartner ever moved to another room?	**No**	**Yes**			
Are you able to share a hotel room with a travel companion?	**No**	**Yes**			
Bedpartner reports snoring on a scale of 1-10 (CIRCLE ONE)	**0-3 occasional soft snoring**				
	4-6 persistent snoring				
	7-9 persistent loud snoring				
	10 heroic snoring - not tolerable to bedpartner				
MEN: What is your neck size?					

Comments or other information not included above?

8/24/04 TG