

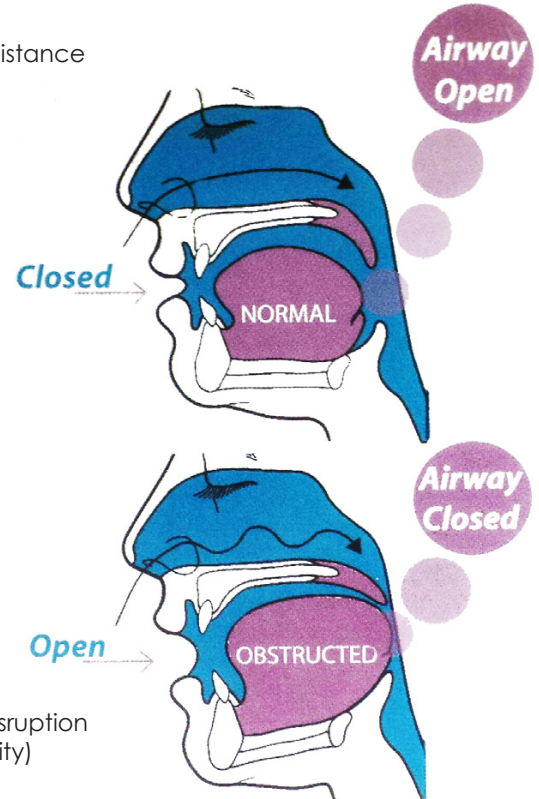
# SLEEP DISORDERED BREATHING

A SLEEP DISORDER PREVENTS YOU FROM GETTING HEALTHY AND RESTFUL SLEEP. MANY SLEEP DISORDERS ARE UNDETECTED BECAUSE A PERSON CAN SLOWLY BECOME ACCUSTOMED TO THE SYMPTOMS. FOR EXAMPLE, WAKING UP TIRED OR FALLING ASLEEP READING A BOOK MIGHT BE SIGNS OF A SLEEP DISORDER.

## FREQUENTLY ASKED QUESTIONS

### 1. What is Sleep Disordered Breathing?

- Sleep Disordered Breathing (which includes Sleep Apnea or Upper Airway Resistance Syndrome) is a serious sleep disorder that impairs your breathing while asleep. Anyone can have Sleep Disordered Breathing, even children.
- Symptoms of Sleep Disordered Breathing may include:
  - Headaches
  - Lack of energy
  - Daytime sleepiness
  - Snoring
  - Difficulty falling asleep and staying asleep
  - Difficulty breathing while asleep



### 2. What causes Sleep Disordered Breathing?

- Snoring and Sleep Apnea occur when the soft tissue structures of the upper airway collapse, resulting in a narrowed airway opening. The snoring sound is caused by the vibration of these tissues. Complete closure of the airway is an "apnea event," which means that no air is getting into the lungs.
- The causal factors may include:
  - Structural – narrow jaw, large tongue, enlarged tonsils, enlarged adenoids, thick soft palate, small nasal valve, or deviated septum
  - Other factors – allergies, over consumption of alcohol, sedatives, smoking, disruption of normal sleep patterns or decreased lung capacity (often caused by obesity)

### 3. What problems can Sleep Disordered Breathing cause?

- Poor performance at work or school
- Forgetfulness
- Irritability
- Anxiety
- Depression
- High blood pressure
- Diabetes
- Stroke
- Heart attack and heart failure

### 4. How do I know if I am at risk or may have Sleep Disordered Breathing?

- A useful screening tool to help determine if you have, or are at risk for, Sleep Disordered Breathing is the Epworth Sleepiness Scale (**Please see next page**).
- In order to fully diagnose Sleep Disordered Breathing, you must participate in a Sleep Study that monitors your sleeping overnight. Your medical or dental professional can help direct you to this service.

### 5. What can be done if I have Sleep Disordered Breathing?

- Once it has been confirmed you have Sleep Disordered Breathing, a physician will determine treatment which may include:
  - CPAP (positive airway pressure)
  - Surgery
  - Sleep Appliance Therapy

# LAMBERG QUESTIONNAIRE

A Risk Assessment Tool for Sleep Apnea - version 5.0

Name \_\_\_\_\_

Date \_\_\_\_\_

## 1: STANDARD QUESTIONS

- Do you awaken unrefreshed or feel sleepy during the day due to restless sleep?
- Is your snoring loud enough to disturb others?
- Have you been aware of your snoring for a long time?
- Have you been told your breathing stops while asleep?
- Do you ever wake yourself from sleep feeling that you are choking?
- Have you ever had a sleep study?
- Have you tried CPAP? (was the pressure > 10.5 cm? Y/N)
- Is your BMI > 27? Or is your neck size > 17 men, or > 15.5 women?

## 2: CARDIOLOGY & VASCULAR

- Do you have high blood pressure or take medicine for hypertension?
- Have you been diagnosed with: CAD, Stroke, Congestive Heart Failure, A Fib, or other cardiomyopathy?
- Do you have a pacemaker?
- Do you have elevated total cholesterol levels?

## 3: PULMONOLOGY

- Have you experienced difficulty breathing during the day?
- Do you have shortness of breath, even with mild exertion?
- Have you been diagnosed with COPD or Asthma? Is Asthma worse at night?
- Do you have a chronic cough, either dry or productive?

## 4: GASTROENTEROLOGY

- Do you experience heartburn or acid reflux at night or in the morning?
- Have you or your dentist noticed erosion on molars?
- Do you take heartburn medications, either prescription or over the counter?

## 5: NEUROLOGY

- Do you experience numbness, tingling or pain in your feet or hands or head?
- Do you ever experience muscle weakness or dizziness or difficulty with coordination?

## 6: ENDOCRINOLOGY

- Have you been diagnosed with diabetes or hypothyroidism?
- Have you unexpectedly gained or lost weight lately?
- Have you gone through menopause? Are you on HRT?
- Do you experience repetitive limb movements or jerks in sleep, urges to move legs, or night sweats?

## 7: OTOLARYNGOLOGY

- Do you have difficulty breathing through your nose?
- Do you experience a dry mouth upon awakening?
- Do you have allergies that make nasal breathing difficult?
- Is post nasal drip a frequent problem?

## 8: UROLOGY

- Do you experience erectile dysfunction?
- Experience decreased interest in sex or have you taken medications to enhance sexual performance?
- Do you ever leak urine involuntarily?
- Do you have to urinate several times at night, or have you been diagnosed with BPH?

## 9: DENTAL (BRUXISM, TMD, PERIODONTICS, ORTHODONTICS)

- Do you grind your teeth while sleeping? Do your front teeth have a worn look?
- Have you had jaw muscles or joint pain, ringing in your ears, vertigo, or dizziness?
- Have you been diagnosed with periodontitis (gum disease)?
- Are your teeth very crowded or crooked?

## 10: PSYCHOLOGY & PSYCHIATRY

- Are you irritable upon waking in the morning?
- Do you experience insomnia? (either falling asleep or maintaining sleep)
- Do you experience: depression, PTSD, memory or concentration problems?
- Do you take medications for any of these conditions?

## 11: RHEUMATOLOGY

- Have you ever been diagnosed with Gout?
- Have you ever been diagnosed with Rheumatoid Arthritis?

## 12: CHRONIC PAIN

- Do you often wake up with headaches or have chronic headaches?
- Do you experience any chronic pain anywhere in your body?
- Do you take medications for pain on a daily basis?

## 13: PEDIATRICS (EXCLUDE FROM SCORING)

- Do you know any children who are mouth breathers, or who make any sleep breathing sounds?
- Do you know any children with bed-wetting problems?

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**TOTAL SCORE:**

**Suspicion Level (Items Checked):**

**1 LOW 2-3 MODERATE 4+ HIGH**