**Evaluation for sleep disordered breathing:** Sleep deprived children suffer many of these symptoms due to compromised airway opening. This can result in reduced Oxygen, air flow and increased carbon dioxide, swollen tonsils and adenoids, orthodontic problems, brain and immune systems problems.

1. _____ Your child uses or used a pacifier for more than 6 months of age
2. _____ Your child successfully was able to breastfeed. How long ______
3. _____ Your child bottle feed exclusively
4. _____ Your child bottle fed until age ________
5. _____ Your child has primarily a soft diet

Please indicate the degree of any problems by choosing from the following symptoms severity.

0= not a problem. 1= occasionally. 2= moderate 3= significant

1. _____ Snoring during the night
2. _____ Mouth breathing when sleeping
3. _____Mouth breathing during the day
4. _____ Wakes up frequently at night
5. _____ Wanders all over the bed at night
6. _____ Sleeps in the tee pee position
7. _____ Grinds his or her teeth at night
8. _____ Restless sleeper
9. _____ Talks in his or her sleep
10. _____ Signs or diagnosis of hyperactivity
11. _____ Falls asleep watching TV
12. _____ Wakes up in the morning with a headache
13. _____ Does poorly in school
14. _____ Considered hyperactive
15. _____ Diagnosis with ADD or ADHD

16. _____ Aggressive behavior
17. _____ Irritability and/or anger
18. _____ Taking any medicine for behavior modification
19. _____ Has had multiple throat infections
20. _____ Gags on foods
21. _____ Is a picky eater
22. _____ Dark circles under his or her eyes
23. _____ Fidgets with his or her hands
24. _____ Bedwetting
25. _____ Excessive sweating during the night
26. _____ Sleep apnea or stops breathing for short periods
27. _____ Delayed or stunted growth
28. _____ Sleep walking

**Speech questionnaire**

1. _____ Do you have a hard time understanding your child’s speech?
2. _____ Do other people have a difficult time understanding your child’s speech?
3. _____ Does your child speak with a lisp?
4. _____ Does your child get upset or frustrated when others cannot understand him when speaking?
5. _____ Does your child speak with a nasal tone?
6. _____ Does your child speech with hoarseness
7. _____ Delayed speech
8. _____ Has your child undergone any speech therapy? If yes how long? ___________