

## Obstructive Sleep Apnea Screening

*As a value added service, hygienists can quickly screen patients for obstructive sleep apnea.*

### Medical signs/co-morbidities

- \_\_\_ high blood pressure
- \_\_\_ diabetes
- \_\_\_ GERD/acid reflux
- \_\_\_ heart disease

### Patient signs

- \_\_\_ snoring
- \_\_\_ bruxism
- \_\_\_ choking during sleep/witnessed apneas
- \_\_\_ fatigue/inattentiveness
- \_\_\_ napping during the day
- \_\_\_ morning headaches
- \_\_\_ caffeine addiction
- \_\_\_ do you feel well rested?
- \_\_\_ sleep study?
- \_\_\_ Is CPAP working out for you?

### Clinical signs

- \_\_\_ large tongue/scalloped
- \_\_\_ large tonsils
- \_\_\_ closed airway when upright I II III IV Mallampati
- \_\_\_ neck size 15 in for women/17 inches for men
- \_\_\_ retrognathic (constricted maxillary arch)

**Dental Prosthetic Services, Inc.**

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