

INSPIRED

ORTHODONTICS

Pediatric Sleep Related Breathing Questionnaire (SRB)

Name _____ Date _____

Pediatric Airway Health is crucial for our children’s growth and development. **Sleep Related Breathing Disorders (SRBD)** are disorders characterized by disruptions in normal breathing patterns. SRBDs are potentially serious medical conditions caused by anatomical airway collapse and altered respiratory control mechanisms. Common SRBDs include snoring, upper airway resistance syndrome (UARS) and obstructive sleep apnea (OSA). OSA has been associated with metabolic, cardiovascular, respiratory and dental and other diseases.

In children, undiagnosed and or untreated OSA can be associated with cardiovascular problems, impaired growth, as well as learning and behavioral problems.

While sleeping does your child:

Please Circle

- | | | | |
|--|-----|----|----|
| Snore more than half the time? | Yes | No | DK |
| Always snore | Yes | No | DK |
| Snore loudly? | Yes | No | DK |
| Have “heavy” or “loud” breathing? | Yes | No | DK |
| Have trouble breathing or struggle to breathe? | Yes | No | DK |

Have you ever:

- | | | | |
|--|-----|----|----|
| Seen your child stop breathing during the night? | Yes | No | DK |
|--|-----|----|----|

Does your child:

- | | | | |
|---|-----|----|----|
| Tend to breathe through the mouth during the day? | Yes | No | DK |
| Have a dry mouth on waking in the morning? | Yes | No | DK |
| Occasionally wet the bed? | Yes | No | DK |

Does your child:

- | | | | |
|--|-----|----|----|
| Wake up feeling unrefreshed in the morning? | Yes | No | DK |
| Have problems with sleepiness during the day? | Yes | No | DK |
| Has a teacher or other supervisor commented that your child appears sleepy during the day? | Yes | No | DK |
| Is it hard to wake your child in the morning? | Yes | No | DK |
| Does your child wake up with headaches in the AM? | Yes | No | DK |
| Did your child stop growing at a normal rate at any time since birth? | Yes | No | DK |
| Is your child overweight? | Yes | No | DK |

This child often:

- | | | | |
|--|-----|----|----|
| Does not seem to listen when spoken to directly | Yes | No | DK |
| Has difficulty organizing tasks and activities | Yes | No | DK |
| Is easily distracted by extraneous stimuli | Yes | No | DK |
| Fidgets with hands or feet or squirms in seat | Yes | No | DK |
| Is “on the go” or often acts as if “driven by a motor” | Yes | No | DK |
| Interrupts or often intrudes on others (in conversation or in games) | Yes | No | DK |

Total Yes _____ = _____
Total Answers