

# Silensor-sl

## Pre-screening Questionnaire

**schottlander**  
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Patient name: \_\_\_\_\_

Age: \_\_\_\_\_

Weight: \_\_\_\_\_

Height: \_\_\_\_\_

Alcohol consumption (units per week): \_\_\_\_\_

Do you smoke? Yes ☐ No ☐ If Yes, average per day: \_\_\_\_\_

Do you take any prescribed medication? Yes ☐ No ☐

Please give details: \_\_\_\_\_

### Body Mass Index (BMI)

The major risk factor for sleep apnoea is excess body weight. Your risk for sleep apnoea is higher if you are overweight with a body mass index (BMI) of 25 or more or obese with a BMI of 30 or higher.

**BMI =**  $\frac{\text{Weight in kilograms}}{\text{Height in meters}^2}$

Your  
BMI =

#### Example:

Tom weighs 100kgs and is 1.8m tall.  
First we multiply Tom's height by itself:

$$1.8 \times 1.8 = 3.24$$

Next we divide Tom's weight by his height in meters<sup>2</sup> just calculated:  $100 / 3.24 = 32.40$

**Tom's BMI is 32.4**

### Potential Indicators

Do you feel stiffness in the joints of your jaw?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Do your facial muscles feel strained or tense in the morning?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Do you grind or clench your teeth?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Do you snore every night?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Do you snore noisily?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Do you wake up with a headache?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Do you suddenly feel tired during the day?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Do you experience sleepiness while driving?	Yes <input type="checkbox"/>	No <input type="checkbox"/>

### Previous Treatment

Have you had previous treatment for sleep disorders? Yes ☐ No ☐

Surgery: Yes ☐ No ☐ Sleep Studies: Yes ☐ No ☐ Other \_\_\_\_\_

If yes, please give details: \_\_\_\_\_

Have you purchased sleep aids in order to reduce your snoring? Yes ☐ No ☐

Nasal strips: Yes ☐ No ☐ Pillows: Yes ☐ No ☐ Other \_\_\_\_\_

If yes, please give details: \_\_\_\_\_

## Flemons Adjusted Neck Circumference

1. Neck circumference: \_\_\_\_\_ cm
2. Habitual snoring: + 3 points.
3. High blood pressure: + 4 points.
4. Night time choking/gasping: + 3 points.

**Total of items 1 -4:** \_\_\_\_\_

A score greater than 48 indicates high probability of having OSA (Obstructive Sleep Apnoea).

The Adjusted Neck Circumference (ANC) is calculated by measuring the patient's neck circumference (in cm) and adding additional centimetres if hypertension (4cm), snoring (3cm), and nocturnal choking (3cm) are present. An ANC >48cm indicates a high probability of OSA.

(Likelihood ratios for a sleep apnoea clinical prediction rule. Flemons WW, Whitelaw WA, Brant R, Remmers JE Am J Respir Crit Care Med. 1994 Nov; 150(5 Pt 1):1279-85. Review Clinical practice. Obstructive sleep apnoea. Flemons WW N Engl J Med. 2002 Aug 15; 347(7):498-504).

Inches	CM	Inches	CM
12	30.48	17	43.18
12.5	31.75	17.5	44.45
13	33.02	18	45.72
13.5	34.29	18.5	46.99
14	35.56	19	48.26
14.5	36.83	19.5	49.53
15	38.1	20	50.8
15.5	39.37	20.5	52.07
16	40.64	21	53.34
16.5	41.91		

## Epworth Sleepiness Scale (ESS)

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired? This refers to your usual way of life so even if you have not done some of these things recently, try to address your likely response.

Use the following scale to choose the most appropriate number for each situation:

0 = would never doze, 1 = slight chance of dozing, 2 = moderate chance of dozing, 3 = high chance of dozing. The scores are added to produce a total score (range 0 – 24). It is important that you answer each question as best you can.

### Situation

Sitting and reading

Watching TV

Sitting, inactive in a public place (e.g. a theatre or a meeting)

As a passenger in a car for an hour without a break

Lying down to rest in the afternoon when circumstances permit

Sitting and talking to someone

Sitting quietly after a lunch without alcohol

In a car, while stopped for a few minutes in the traffic

### Chance of Dozing (0-3)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

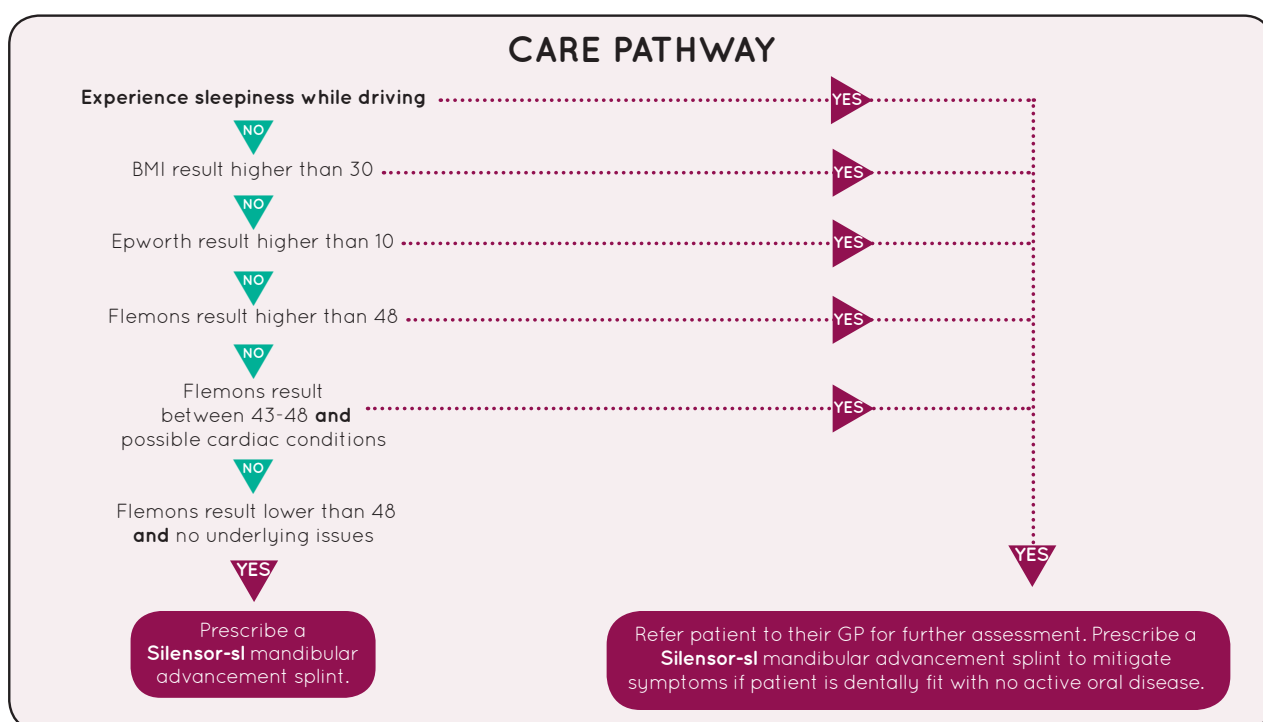
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\_\_\_\_\_

**Total**

\_\_\_\_\_

\_\_\_\_\_



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