



## Millbrae Dental Care - Sleep Apnea Center Self Evaluation

First Name		Middle Initial		Last Name		Tally ARES Risk Points
<b>Weight</b>	Pounds	<b>Age</b>	Years	Gender <b>Male</b> <input type="radio"/> <b>Female</b> <input type="radio"/>		
<b>Height</b>	Feet	Inches	<b>Neck Size</b>		Inches	Neck Size +2 Male ≥16.5 +2 Female ≥15.0
<b>Date of Birth</b>	Month	Day	Year	<b>ID Number</b>		Optional
						Score <div style="border: 1px solid black; width: 40px; height: 40px; display: inline-block;"></div>

### COMPLETELY FILL IN ONE CIRCLE FOR EACH QUESTION – ANSWER ALL QUESTIONS

<b>Have you been diagnosed or treated for any of the following conditions?</b>						Co-morbidities +1 for each Yes response
High blood pressure	Yes <input type="radio"/>	No <input type="radio"/>	Stroke	Yes <input type="radio"/>	No <input type="radio"/>	
Heart disease	Yes <input type="radio"/>	No <input type="radio"/>	Depression	Yes <input type="radio"/>	No <input type="radio"/>	Score <div style="border: 1px solid black; width: 40px; height: 40px; display: inline-block;"></div>
Diabetes	Yes <input type="radio"/>	No <input type="radio"/>	Sleep apnea	Yes <input type="radio"/>	No <input type="radio"/>	
Lung disease	Yes <input type="radio"/>	No <input type="radio"/>	Nasal oxygen use	Yes <input type="radio"/>	No <input type="radio"/>	Do not assign any points for these eight responses
Insomnia	Yes <input type="radio"/>	No <input type="radio"/>	Restless leg syndrome	Yes <input type="radio"/>	No <input type="radio"/>	
Narcolepsy	Yes <input type="radio"/>	No <input type="radio"/>	Morning Headaches	Yes <input type="radio"/>	No <input type="radio"/>	
Sleeping Medication	Yes <input type="radio"/>	No <input type="radio"/>	Pain Medication e.g., vicodin, oxycontin	Yes <input type="radio"/>	No <input type="radio"/>	

<b>Epworth Sleepiness Scale:</b> How likely are you to doze off or fall asleep in the following situations, in contrast to just feeling tired? This refers to your usual way of life in recent times. Even if you have not done some of these things recently, try to work out how they would have affected you. Use the following scale to mark the most appropriate box for each situation. (M.W. Johns, Sleep 1991)					Epworth Score <b>TOTAL</b> the values from all 8 questions, If 11 or less <b>Score = 0</b> If 12 or more <b>Score = 2</b>
0 = would never doze      1 = slight chance of dozing      2 = moderate chance of dozing      3 = high chance of dozing					
Sitting and reading	0	1	2	3	Score <div style="border: 1px solid black; width: 40px; height: 40px; display: inline-block;"></div>
Watching TV	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Sitting, inactive, in a public place (theater, meeting, etc)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
As a passenger in a car for an hour without a break	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Lying down to rest in the afternoon when circumstances permit	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Sitting and talking to someone	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
Sitting quietly after lunch without alcohol	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
In a car, while stopped for a few minutes in traffic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	

<b>Frequency</b>	0 - 1 times/week	1 - 2 times/week	3 - 4 times/week	5 - 7 times/week	Assign points for each of the first three responses  <div style="border: 1px solid black; width: 40px; height: 40px; display: inline-block;"></div> <div style="border: 1px solid black; width: 40px; height: 40px; display: inline-block;"></div> <div style="border: 1px solid black; width: 40px; height: 40px; display: inline-block;"></div>
<b>On average in the past month, how often have you snored or been told that you snored?</b>					
Never <input type="radio"/>	Rarely <input type="radio"/> +1	Sometimes <input type="radio"/> +2	Frequently <input type="radio"/> +3	Almost always <input type="radio"/> +4	
<b>Do you wake up choking or gasping?</b>					
Never <input type="radio"/>	Rarely <input type="radio"/> +1	Sometimes <input type="radio"/> +2	Frequently <input type="radio"/> +3	Almost always <input type="radio"/> +4	
<b>Have you been told that you stop breathing in your sleep or wake up choking or gasping?</b>					
Never <input type="radio"/>	Rarely <input type="radio"/> +1	Sometimes <input type="radio"/> +2	Frequently <input type="radio"/> +3	Almost always <input type="radio"/> +4	Point Total  <div style="border: 1px solid black; width: 40px; height: 40px; display: inline-block;"></div>
<b>Do you have problems keeping your legs still at night or need to move them to feel comfortable?</b>					
Never <input type="radio"/>	Rarely <input type="radio"/>	Sometimes <input type="radio"/>	Frequently <input type="radio"/>	Almost always <input type="radio"/>	
Signature		Area Code	Phone Number	<b>Total all 6 boxes from above</b> If point total = 4 or 5 (low risk), 6 to 10 (high) and 11 or more (very high risk)	

## SomnoMed

vs.

## CPAP



Which one is right  
for you?



NO

- Limits Sleeping Positions -

YES

YES

- Portable for Travel -

NO

NO

- Additional Attachments -

YES

YES

- Can Speak and Drink While Using -

NO

NO

- Requires Electricity -

YES

NO

- Cumbersome Head Gear -

YES

NO

- Consumable Parts to Replace -

YES

Oral Appliances for sleep apnea are FDA approved medical devices that are designed to help hold your lower jaw forward while you sleep. Keeping your jaw forward helps decrease the obstructive tissue in your upper airway and allows you to breathe more freely. Patients find the Somnomed oral appliance much more comfortable, convenient and easier to use than their CPAP machines. For more information and some videos visit our website:

[www.millbraedental.com/sleep.html](http://www.millbraedental.com/sleep.html)

