

Baltimore Sleep and Wellness Center

Sleep Disorder Screening

Patient's Name: _____ **DOB:** _____

Primary Symptoms for Obstructive Sleep Apnea (OSA):

- Snoring, most nights. (90% of snorers evaluated in an overnight sleep study are positive for OSA)
- Stop Breathing while sleeping, gasping for air.
- Excessive Daytime Sleepiness
 - Epworth Sleepiness Scale Score: _____
- Falling asleep or dozing while driving, or at work.
- Often wake up feeling unrefreshed, tired, and/or not rested after 7 to 10 hours of sleep.

Secondary Symptoms for Obstructive Sleep Apnea (OSA), in conjunction with a primary symptom:

- Sweating during sleep.
- Wake up with a headache or have morning headaches.
- Wake up with a dry mouth or sore throat.
- Often wake up during the night to urinate.
- High blood pressure/hypertension.
- History of stroke, myocardial infarction.
- Age: seniors more at risk for OSA, RLS, Insomnia.
- Weight gain.
- Depression, lethargy.
- Sexual dysfunction.
- Restless sleep.
- Inability to concentrate, inattentiveness, memory loss, poor judgment, mood swings.
- Physical examination:
 - Narrow airway, examine: enlarged tonsils, elongated uvula, enlarged tongue base, recessive chin, small jaw structure, overbite, other abnormal anatomy of the neck, mouth, or airway.
 - Neck circumference: Men – 17.5” or greater; Women – 16.5” or greater.
 - Overweight/obese: BMI > 30.

Primary Symptoms for Narcolepsy:

- Excessive Daytime Sleepiness
 - Epworth Sleepiness Scale Score: _____
- Cataplexy: loss of muscle tone when extremely emotional.
- Hypnagogic Hallucinations: vivid, realistic, often frightening dreams when falling asleep or upon awakening.
- Sleep Paralysis: feeling unable to move when falling asleep or upon awakening.

Primary Symptoms for Restless Legs Syndrome (RLS):

- Feel a strong desire to move legs from time to time, often due to discomfort.
- Urge to move legs increases during times of inactivity.
- Sensation to move legs is temporarily relieved by movement or stretching of the legs.
- Sensations often worse at night.