

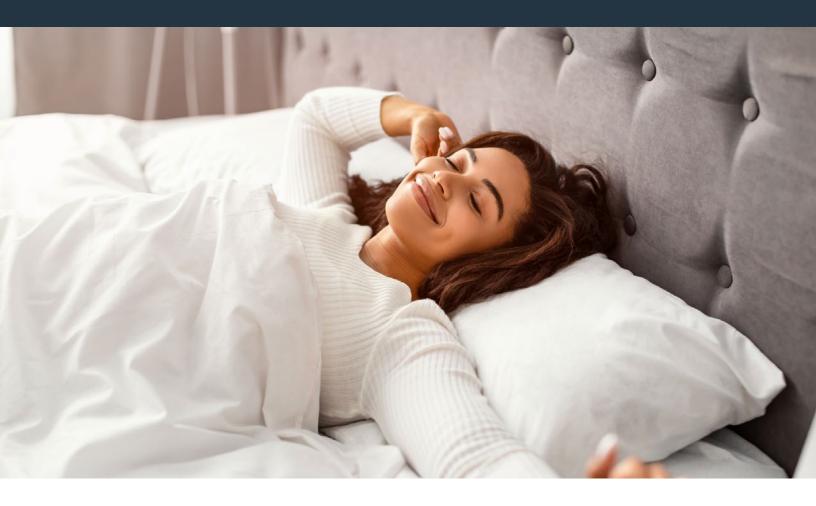


Sleep-Disordered Breathing

Symptom Checklist

www.dsofcarrollton.com

Sleep is the Foundation of Health



Sleep is critical to you and your family's overall health. The first step towards a restful, restorative night's sleep is information. As Vivos-trained advocates, we're here to provide education and guide you towards the most effective treatment for symptoms of sleep disordered breathing. If two or more of the below items apply to you or your loved ones, schedule a consultation with us today.

Request an Appointment

Possible Symptoms in Adults

Have you or your partner experienced or received any of the following symptoms or diagnoses:

- Heart Failure
- Stroke
- Hypertension
- Diabetes
- Metabolic Syndrome
- Obesity
- Heartburn (Reflux)
- Atrial Fibrillation
- CPAP
- Excessive Daytime Sleepiness
- Impaired Cognition
- Insomnia
- Mood Disorders
- Heart Disease
- Anxiety
- Depression



Possible Symptoms in Adults

Have you or do you:

- Been told you stop breathing while asleep?
- Fallen asleep or nodded off while driving?
- Woken up suddenly with shortness of breath, gasping or your heart racing?
- Feel excessively sleepy during the day?
- Snore or been told that you snore?
- Gained weight which you find difficult to lose?
- Taken medication for or been diagnosed with high blood pressure?
- Kick or jerk your leg while sleeping?
- Feel burning, tingling or crawling sensations in your legs when you wake up?
- Wake up with headaches during the night or in the morning?
- Have trouble falling asleep?
- Have trouble staying asleep once you fall asleep?
- Get out of bed to use the restroom more than once during the night?
- Usually awaken feeling tired and unrested?
- Habitually snore?
- Been diagnosed with Hypertension/High Blood Pressure?



Possible Symptoms in Children

Does your child suffer from any of the following symptoms:

• Ear infections or history of ear infections

Short attention span

Trouble focusing

Difficulty listening or interrupts often

Hyperactivity

ADD/ADHD

Sensory issues

Struggling in math at school

Struggling in reading at school

Avoidance behavior towards food or certain types of f

Speech issues

Difficulty understanding your child's speech

Difficulty understanding them over the phone

Nasal speech patterns

Hoarseness

Others having difficulty understanding them

Frustration when others can't understand their speech

Abnormal sounding speech

Omission of consonants

Using M, N, or NG in place of P, V, S or Z sounds

Liquids or solids getting into their nasal area when eating or drinking



Possible Symptoms in Children Continued

Does your child also suffer from any of the following symptoms:

- Ear infections or history of ear infections
- Short attention span
- Trouble focusing
- Difficulty listening or interrupts often
- Hyperactivity
- ADD/ADHD
- Sensory issues
- Struggling in math at school
- Struggling in reading at school
- Avoidance behavior towards food or certain types of food
- Speech issues
- Difficulty understanding your child's speech
- Difficulty understanding them over the phone
- Nasal speech patterns
- Hoarseness
- Others having difficulty understanding them
- Frustration when others can't understand their speech
- Abnormal sounding speech
- Omission of consonants
- Using M, N, or NG in place of P, V, S or Z sounds
- Liquids or solids getting into their nasal area when eating or drinking

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Sleep is the Foundation of your Health

Schedule a consultation with Dental Studio of Carrollton today to find out how you can help your family get deep, natural sleep.

www.dsofcarrollton.com/sleep-solutions (972) 395-0150

