



Dental Studio  
*of Carrollton*



# Sleep-Disordered Breathing

Symptom Checklist

[www.dsofcarrollton.com](http://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 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



## 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

## 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](http://www.dsofcarrollton.com/sleep-solutions)

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