

Sleep Apnea Consult Questions

- Who is your Primary Care Physician?
- Who referred you here? How did you hear about our office?
- What is your CC? What brought you in today?
- Do you snore or have you been told you snore?
- Do you ever wake up choking, gasping or panicked?
- Has anyone ever told you that you quit breathing while sleeping?
- Do you have a hard time falling or staying asleep?
- What do you do if you cannot sleep?
- Do you take sleep aids or supplements?
- How often do you wake up at night?
- Do you go to the bathroom at night? How many times?
- Do you have morning headaches?
- Suffer from acid reflux?
- Are you tired during the day? Do you take naps?
- What time do you go to bed and wake up?
- Do you clench or grind your teeth?
- Do you use a night guard?
- Do you use nasal sprays?