

Sleep Survey

- Do you snore or you have been told you stop breathing while sleeping? Yes No
- Does your bed partner snore or stop breathing while sleeping? Yes No
- Do you wake up tired/ exhausted in the morning or often tired in the afternoon? Yes No
- Do you have high blood pressure? Yes No
- Can you fall asleep in less than 5 minutes? Yes No
- Do you grind your teeth? Yes No
- Do you have trouble losing weight? Yes No
- Do you have sleep apnea? Yes No

Did you know that this dental practice may be able to help you with many of these problems?