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Home Snoring Survey for Children

Introduction

You have indicated that there may be a problem with your child's breathing pattern while sleeping. In general, when children sleep, the following three things should be true: (1) They should sleep with their mouth closed, (2) Breathing through their nose, (3) Not making any noise. If one or more of these three things is **NOT** true, then your child may have some "blockage" of their airway when sleeping. To help determine whether your child's breathing pattern is normal or abnormal, you need to watch your child's sleep pattern according to the instructions below; what you report at your appointment will determine whether your child's "snoring" is significant and needs further evaluation or treatment.

Instructions for Parents

When your child is in good health and not during or immediately following a "cold", please watch them sleep for 10-15 minutes on 5-6 separate occasions and answer ALL of the following questions.

Does your child:

1. Snore?
 Never Rarely Sometimes Frequently Always With "Colds" only
2. Sleep with their mouth open?
 Never Rarely Sometimes Frequently Always With "Colds" only
3. Have episodes of coughing, gasping, or gagging?
 Never Rarely Sometimes Frequently Always With "Colds" only
4. Have a restless sleep pattern?
 Never Rarely Sometimes Frequently Always With "Colds" only
5. Struggle to breathe?
 Never Rarely Sometimes Frequently Always With "Colds" only
6. Have episodes of self-awakening?
 Never Rarely Sometimes Frequently Always With "Colds" only
7. Have pauses or stoppages in their breathing?
 Never Rarely Sometimes Frequently Always With "Colds" only
8. Have a sleep pattern that worries you?
 Never Rarely Sometimes Frequently Always With "Colds" only

*****Ensure you bring this survey with you to your appointment with Dr. Malis*****