

(if answering as a parent for a child – please capture your **OWN OBSERVATION** and not that of your child)

	NO	YES	NOT SURE
Do you:			
Tend to breathe through the mouth during the day?			
Have a dry mouth on waking up			
Wake-up feeling unrefreshed?			
Have sleepiness during the day?			
Wake up with headaches?			
Wake up with difficulty?			
While sleeping do you:			
Snore more half the time?			
Always snore?			
Snore Loudly?			
Breathe heavily or loudly?			
Have trouble breathing?			
Have you ever:			
Stopped breathing during the night?			
Please answer:			
Are you overweight?			
Have you grown at a normal rate from birth?			
Has anyone ever commented that you appear sleepy during the day?			
Do you not seem not to listen or not to respond immediately when spoken to?			
Do you have difficulty organising tasks?			
Are you easily distracted by unimportant stimuli?			
Do you fidget with your hands or feet or squirm in your seat?			
Do you interrupt when others are speaking?			
Are you always active or often hyperactive?			
Total number of YES responses:			

If your answer is yes to eight or more statements, you will be considered for sleep evaluation.



Gasping for breath during sleep wakes you up repeatedly, which diminishes sleep quality and causes fatigue. Obstructive airway disorder is therefore linked to a greater risk of high blood pressure, heart disease, diabetes, and obesity.

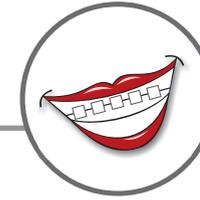
What to do if you have a breathing-related Issue?

Orthodontists are trained to detect oral manifestations of sleep disordered breathing such as narrow dental arch forms, dental cross bites, open bites, tongue thrust and enlarged tonsils.

If the orthodontist finds these manifestations, and the SLEEP QUESTIONNAIRE had a positive result, they recommend that you follow up with your General Practitioner (GP), who may suggest a sleep study.



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PretoriaSmile
Orthodontics



MOUTH BREATHING OR SNORING?

Are You At Risk?

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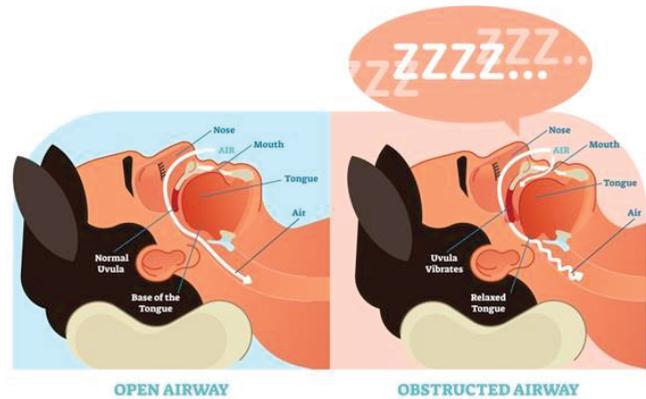
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WHAT ARE THE SIGNS OF TMD?



Obstructive airway disorder causes a significant decrease in airflow when breathing. This **disorder** is common during **sleep** and is characterized by recurrent episodes of upper airway collapse. Basically, the **muscles around the base of the tongue relax, obstructing the airway.**

- Sleeping with an open mouth
- Snoring

How does this affect your teeth?

Obstructive breathing can affect your teeth in numerous ways:

- Disturbs upper and lower **JAW DEVELOPMENT**
- Causes **MALOCCLUSION** (misaligned teeth)
- Creates **DRYNESS** because the mouth is constantly open.
- This a leading cause of **DENTAL CAVITIES**
- Causes **BRUXISM** (grinding your teeth) – recent studies show that when the throat begins to relax before an obstructive episode, the jaw reflexively clamps down to prevent the airway from being blocked. This may place excessive stress on the jaw, mouth, neck and shoulders, and may cause TMJ (temporomandibular joint) pain.

TREATMENT OPTIONS

In children, a major part of the treatment for obstructive airway disorder includes a referral to a GP or an Ear, Nose and Throat (ENT) specialist to evaluate whether the air passage is clear. Orthodontic treatment may help to improve the airway function. Treatment options typically include widening the palate and correcting the dental arches.



Basics like using a saline solution daily assists to keep the nasal passages healthy and open, which improves breathing.



In teens and adults, treatment options may include:

- Oral appliances made by your orthodontist
- Weight loss & exercise
- Nasal decongestion and allergy relief
- CPAP machine (Continuous Positive Airway Pressure)
- Tonsillectomy or adenoidectomy

Rerources

www.allergyfoundation.co.za
www.sleepdisorders.co.za
www.myseleep.co.za
www.sleepfoundation.org/sleep-apnea



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DO YOU HAVE SYMPTOMS?

A collapsing airway at the back of the nose, mouth and throat during sleep reduces the ability to breathe, causing **CHOKING** and **SNORING**. Nose and throat problems, such as enlarged tonsils, and obesity can often narrow a child's airway, leading to obstructive sleep apnea. This makes early detection crucial.

DO YOU HAVE SYMPTOMS ???

DURING THE DAY, DO YOU:

- Feel sleepy or “doze off” without meaning to?
- Have headaches in the morning?
- Have difficulty with memory or concentrating?

AT NIGHT, DO YOU:

- Snore?
- Stop breathing while sleeping?
- Breathe with an open mouth?

DO YOU -----?

- Wake up gasping or choking?
- Wake up frequently?
- Wake up to go to the bathroom?
- Wake up for water or something to drink?

If you any of the above boxes, please complete our sleep questionnaire.