



### PATIENT INFORMATION

☐ MR    ☐ MRS    ☐ DR    ☐ MS    ☐ MISS    |    ☐ MARRIED    ☐ SINGLE    ☐ DIVORCED    ☐ WIDOWED

PATIENT'S NAME \_\_\_\_\_

AGE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ ☐ MALE    ☐ FEMALE

ADDRESS \_\_\_\_\_

CITY, STATE, ZIP \_\_\_\_\_

HOME PHONE # \_\_\_\_\_ E-Mail Address \_\_\_\_\_

HOW LONG AT PRESENT ADDRESS? \_\_\_\_\_

IF LESS THAN 3 YEARS, PLEASE GIVE PREVIOUS ADDRESS.

PREVIOUS ADDRESS \_\_\_\_\_

CITY, STATE, ZIP \_\_\_\_\_

EMPLOYED BY \_\_\_\_\_

WORK PHONE # \_\_\_\_\_

**IF THE PATIENT IS A MINOR, PLEASE FILL OUT THE BOX BELOW**

☐ PARENT    ☐ GUARDIAN    NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY, STATE, ZIP \_\_\_\_\_

HOW LONG AT PRESENT ADDRESS? \_\_\_\_\_

SOCIAL SECURITY # \_\_\_\_\_

WHO MAY WE THANK FOR REFERRING YOU TO OUR OFFICE?

**We are a "fee for service" office and require payment at the time of service.  
(Our returned check fee is \$50)**

**INSURANCE INFORMATION** We will gladly provide you with an insurance claim form and any necessary information for each visit. It is your responsibility to send your claim to your insurance company and follow up for payment. Please let us know if you have any questions.

INSURANCE COMPANY \_\_\_\_\_

GROUP NUMBER \_\_\_\_\_

PHONE NUMBER \_\_\_\_\_

INSURED'S NAME \_\_\_\_\_

EMPLOYER NAME \_\_\_\_\_

INSURED'S DATE OF BIRTH \_\_\_\_\_

*I certify that the above information is correct to the best of my knowledge.*

PATIENT/GUARDIAN SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_



# WHAT ARE THE CHIEF COMPLAINTS FOR WHICH YOU ARE SEEKING TREATMENT?

<p style="text-align: center;"><b><u>ORDER</u></b></p> <p>1. Please order your <i>chief complaints</i> by number:  #1 being the 1<sup>st</sup> or <u>most</u> important,  #2 the 2<sup>nd</sup> important,  #3 the 3<sup>rd</sup> less important,  #4, #5, #6...etc.  <i>(List all please)</i></p> <p style="text-align: right;">➔</p>	<p style="text-align: center;"><b><u>FREQUENCY</u></b></p> <p>2. Rate your chief complaints for frequency as follows:  1= Seldom  2= Occasional  3= Frequent  4= Every Day</p> <p style="text-align: right;">↓</p>	<p style="text-align: center;"><b><u>INTENSITY</u></b></p> <p>3. Rate the intensity of each complaint ordered on a scale from 0-10.  0= No Pain to  10= Most severe pain</p> <p style="text-align: right;">↙</p>
------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

<u>Chief Complaint</u>	ORDER	Frequency (1-4)	<u>Intensity</u> (0-10)	<i>For Office Use Only</i>
Jaw clicking/popping	_____	_____	_____	_____
Jaw joint noises	_____	_____	_____	_____
Jaw locking	_____	_____	_____	_____
Muscle twitching	_____	_____	_____	_____
Limited mouth opening	_____	_____	_____	_____
Dizziness	_____	_____	_____	_____
Headaches	_____	_____	_____	_____
Visual disturbances	_____	_____	_____	_____
Jaw pain	_____	_____	_____	_____
Facial pain	_____	_____	_____	_____
Ear pain	_____	_____	_____	_____
Back pain	_____	_____	_____	_____
Eye pain	_____	_____	_____	_____
Neck pain	_____	_____	_____	_____
Shoulder pain	_____	_____	_____	_____
Pain when chewing	_____	_____	_____	_____
Throat pain	_____	_____	_____	_____
Ear congestion	_____	_____	_____	_____
Sinus congestion	_____	_____	_____	_____
Ringing in the ears	_____	_____	_____	_____
Fatigue	_____	_____	_____	_____
Frequent heavy snoring	_____	_____	_____	_____
Snoring which affecting sleep of others	_____	_____	_____	_____
Significant daytime drowsiness	_____	_____	_____	_____
Stop breathing when sleeping	_____	_____	_____	_____
Difficulty falling asleep	_____	_____	_____	_____
Gasping when waking up	_____	_____	_____	_____
Nighttime choking spells	_____	_____	_____	_____
Feeling unrefreshed upon waking	_____	_____	_____	_____
Morning hoarseness	_____	_____	_____	_____
Swelling in ankles or feet	_____	_____	_____	_____
Other _____	_____	_____	_____	_____
Other _____	_____	_____	_____	_____

*I certify that the above information is correct to the best of my knowledge.*

PATIENT/GUARDIAN SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_



*Please* answer the following questions as completely and accurately as you can. *Also, please* be as detailed as possible providing additional information you think is important. If you have any questions about this form, or your upcoming appointment, contact our office for assistance.

*Please* circle YES or NO. If YES, *please* explain on the line provided.

**MEDICAL HISTORY:**

1. YES NO Do you have a current medical problem? \_\_\_\_\_
2. YES NO Have you been told you have a heart murmur? \_\_\_\_\_
3. YES NO Do you have any heart problems? What kind? \_\_\_\_\_
4. YES NO Do you have ☐ High or ☐ Low Blood Pressure? Is it controlled? ☐ YES ☐ NO
5. YES NO Have you had rheumatic fever? When \_\_\_\_\_
6. YES NO Have you had pain in your chest or shortness of breath? \_\_\_\_\_
7. YES NO Do your ankles swell? \_\_\_\_\_
8. YES NO Has your physician ever told you that you are anemic? \_\_\_\_\_
9. YES NO Have you ever had a stroke? When? \_\_\_\_\_
10. YES NO Have you ever had epilepsy? \_\_\_\_\_
11. YES NO Do you have diabetes? Is it controlled? \_\_\_\_\_
12. YES NO Do you have fainting or dizzy spells? \_\_\_\_\_
13. YES NO Do you feel like your sense of balance has changed? \_\_\_\_\_
14. YES NO Do you have headaches? How often? Where? \_\_\_\_\_
15. YES NO Do you take Aspirin, Advil, Tylenol or another pain reliever? How often? \_\_\_\_\_
16. YES NO Have you been advised not to take any medication? What? \_\_\_\_\_
17. YES NO Do you have asthma or hay fever? How is it controlled? \_\_\_\_\_
18. YES NO Have you ever had tuberculosis? When? \_\_\_\_\_
19. YES NO Have you ever had glaucoma? When? \_\_\_\_\_
20. YES NO Have you ever had hepatitis? When? \_\_\_\_\_
21. YES NO Do you have arthritis? How is it controlled? \_\_\_\_\_
22. YES NO Have you ever had a tumor or cancer? How was it treated? \_\_\_\_\_
23. YES NO Have you ever had any major surgeries? What kind? \_\_\_\_\_
24. YES NO Have you ever been injured in an accident? When? \_\_\_\_\_
25. YES NO Have you ever had a severe blow to the head? When? \_\_\_\_\_
26. YES NO Are your hands and/or feet cold? How often? \_\_\_\_\_
27. YES NO Is your diet medically supervised? For what purpose? \_\_\_\_\_
28. YES NO Do you have difficulty swallowing? \_\_\_\_\_
29. YES NO Do you have a feeling of something stuck in your throat? \_\_\_\_\_
30. YES NO Do you ever have any facial pain or pressure? Where? \_\_\_\_\_
31. YES NO Do you ever have any pain or pressure behind your eyes? \_\_\_\_\_
32. YES NO Are you aware of stiff neck muscles? How often? \_\_\_\_\_
33. YES NO Have you been in traction for a neck injury? When? \_\_\_\_\_
34. YES NO Have you ever had or been advised to have neck surgery? \_\_\_\_\_
35. YES NO Do you have back pain? Where? \_\_\_\_\_
36. YES NO Do your ears feel itchy, stuffy or congested? \_\_\_\_\_
37. YES NO Do you have difficulty with pain in your ears when changing altitude? \_\_\_\_\_
38. YES NO Do your ears ring, buzz or hiss? How often? \_\_\_\_\_



*I certify that the above information is correct to the best of my knowledge.*

PATIENT/GUARDIAN SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

39. YES NO Have you noticed any changes in your hearing? \_\_\_\_\_
40. YES NO Are you depressed? \_\_\_\_\_
41. YES NO Do you have emotional or anxiety/nervous problems? \_\_\_\_\_
42. YES NO Have you ever been treated for emotional or anxiety/nervous problems? \_\_\_\_\_
43. YES NO Have you ☐ gained or ☐ lost weight within the last year? How much? \_\_\_\_\_
44. YES NO Do you take more than one alcoholic drink per day? How many? \_\_\_\_\_
45. YES NO Do you use tobacco? How much? \_\_\_\_\_
46. YES NO Have you had any other serious illnesses, hospitalization or accidents? \_\_\_\_\_

Please explain: \_\_\_\_\_

Please list ALL medications and the dosage you are currently taking:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_
5. \_\_\_\_\_ 6. \_\_\_\_\_ 7. \_\_\_\_\_ 8. \_\_\_\_\_

Please list any allergies to any **medications**:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_

Other allergies:

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_

### DENTAL HISTORY:

47. YES NO When was your last dental visit? \_\_\_\_\_
48. YES NO Have you been told that you have periodontal (gum) disease? \_\_\_\_\_
49. YES NO Do you have any existing problems with your teeth? Describe \_\_\_\_\_
50. YES NO Is any dental treatment planned? Describe \_\_\_\_\_
51. YES NO Do you bite your nails? \_\_\_\_\_
52. YES NO Have you ever had oral surgery? \_\_\_\_\_
53. YES NO Have you lost any teeth? From what cause? \_\_\_\_\_
54. YES NO Have the teeth been replaced? When? \_\_\_\_\_
55. YES NO Have you ever had orthodontic treatment? When? \_\_\_\_\_
56. YES NO Have you ever had extensive dental treatment? When? \_\_\_\_\_
57. YES NO Is any part of your mouth sensitive to temperature, pressure, food or drink?  
Where? \_\_\_\_\_
58. YES NO Do you wear dentures or partial dentures? Are they comfortable? YES NO

### TMJ HISTORY

59. YES NO Do you ever have a burning or painful sensation in your mouth? \_\_\_\_\_
60. YES NO Do you get popping, clicking, or grinding noises when you open or close? \_\_\_\_\_
61. YES NO Do you ever awaken with an awareness of your teeth or jaws? \_\_\_\_\_
62. YES NO Are you aware of clenching during the daytime? How often? \_\_\_\_\_
63. YES NO Have you ever been told you grind your teeth during sleep? \_\_\_\_\_
64. YES NO Do you have trouble opening your mouth widely? \_\_\_\_\_
65. YES NO Does your jaw ever lock open or closed? How often? \_\_\_\_\_
66. YES NO Do you feel your bite is different, unstable or uncomfortable? \_\_\_\_\_
67. What professional advice or treatment have you had regarding your TMJ, headaches or pain conditions/problems? \_\_\_\_\_
68. YES NO If you sought treatment for a TMJ problem, did it help? \_\_\_\_\_
69. YES NO Do you or have you had any pain in any of the following areas? (circle)



Jaw    Ear    Face    Neck    Teeth    Head    Other \_\_\_\_\_

70. YES NO Do your jaw problems affect your ability to chew? \_\_\_\_\_

71. YES NO Has your diet changed due to your jaw problems? Describe \_\_\_\_\_

72. YES NO Do your joint noises affect others while eating? \_\_\_\_\_

*I certify that the above information is correct to the best of my knowledge.*

PATIENT/GUARDIAN SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

**FAMILY HISTORY:**

73. YES NO Do you have children. What are their ages? \_\_\_\_\_

74. YES NO Does your partner help you? \_\_\_\_\_

75. YES NO Do you have houseguests? \_\_\_\_\_

76. YES NO Does your job satisfy you? \_\_\_\_\_

**FOR WOMEN:**

77. YES NO Are you pregnant? Expected delivery date? \_\_\_\_\_

78. YES NO Do you have a history of miscarriages? When? \_\_\_\_\_

79. YES NO Have you reached menopause? \_\_\_\_\_

**SLEEP, SNORING AND APNEA HISTORY**

80. YES NO Do you become easily fatigued? At what time of day? \_\_\_\_\_

81. YES NO Do you have problems with insomnia? \_\_\_\_\_

82. YES NO Do you sleep well? How long? \_\_\_\_\_

83. YES NO Do you dream? How often? \_\_\_\_\_

84. YES NO Do you have trouble falling asleep or staying asleep? Which \_\_\_\_\_

85. YES NO Do you snore or have you been told you do? \_\_\_\_\_

86. YES NO Do you wake up with a headache? \_\_\_\_\_

87. YES NO Have you had chronic sleepiness, fatigue or weariness that you can't explain? \_\_\_\_\_

88. YES NO Do you often fall asleep reading or watching television? \_\_\_\_\_

89. YES NO Have you fallen asleep during the day against your will? \_\_\_\_\_

90. YES NO Have you had to pull off the road while driving due to sleepiness? \_\_\_\_\_

91. YES NO Have you been more irritable and short tempered? \_\_\_\_\_

92. YES NO Have you felt that your memory and/or intellect is impaired? \_\_\_\_\_

93. YES NO Have you been told that you stop breathing while asleep? \_\_\_\_\_

94. About how many times per night do you wake up? \_\_\_\_\_

95. What time do you normally go to bed? \_\_\_\_\_ Get up in the morning? \_\_\_\_\_

96. Of the hours you are in bed, about how many hours are you asleep? \_\_\_\_\_

97. Would you rate the quality of your sleep as ☐ Good ☐ Fair ☐ Poor?

98. YES NO Do you have difficulty breathing through your nose? \_\_\_\_\_

99. Present body weight: \_\_\_\_\_ lbs. Height \_\_\_\_\_ ft. \_\_\_\_\_ inches.

100. YES NO Have you been diagnosed or treated for a sleep disorder? When \_\_\_\_\_

101. YES NO Have any immediate family members been diagnosed or treated for a sleep disorder?

102. YES NO Have you ever had an evaluation at a sleep center?

Sleep Center Name: \_\_\_\_\_

Location: \_\_\_\_\_

Sleep Study Date: \_\_\_\_\_

103. What professional advice or treatment have you received about your snoring or sleep apnea?

\_\_\_\_\_

104. YES NO If you sought treatment for a sleep disorder, did it help? \_\_\_\_\_

\_\_\_\_\_

*I certify that the above information is correct to the best of my knowledge.*

PATIENT/GUARDIAN SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_



When did your symptoms first start?

Was there a specific incident, accident or injury that seemed to trigger your symptoms?

Do your present symptoms affect relationships with family and friends? If so, how?

What are your expectations in seeking treatment at this time?

What do you see yourself doing, after treatment that you are not able to do now?

### **ATTORNEY INFORMATION**

Are you involved in a lawsuit regarding your condition? ☐ YES ☐ NO

If you have an attorney representing you, please complete the following:

Attorney's Name \_\_\_\_\_

Paralegal \_\_\_\_\_

Phone Number \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Please use this space to tell us anything about your condition(s) that were not mentioned in this questionnaire.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*I certify that the above information is correct to the best of my knowledge.*

PATIENT/GUARDIAN SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_



## Symptoms

### HEAD PAIN

- ☐ Yes ☐ No Entire head (Generalized)  
[L] [R] [B] Front of your head (Frontal)  
☐ Yes ☐ No Top of the Head  
[L] [R] [B] Back of your head  
[L] [R] [B] In your temples

### JAW PAIN

- [L] [R] [B] Jaw pain - on opening  
[L] [R] [B] Jaw pain - while chewing  
[L] [R] [B] Jaw pain - at rest

### JAW SYMPTOMS

- [L] [R] [B] Jaw clicking  
☐ Yes ☐ No Jaw locks closed  
☐ Yes ☐ No Jaw locks open  
☐ Yes ☐ No Jaw popping  
☐ Yes ☐ No Teeth grinding

### MOUTH AND NOSE RELATED CONDITION

- ☐ Yes ☐ No Broken teeth  
☐ Yes ☐ No Teeth clenching  
☐ Yes ☐ No Dry mouth  
☐ Yes ☐ No Frequent snoring  
☐ Yes ☐ No Frequent biting of cheek  
☐ Yes ☐ No Burning tongue

### EAR RELATED CONDITIONS

- ☐ Yes ☐ No Buzzing in the ears  
☐ Yes ☐ No Tinnitus (ringing in the ears)  
☐ Yes ☐ No Ear pain  
☐ Yes ☐ No Ear congestion  
☐ Yes ☐ No Pain in front of the ear  
☐ Yes ☐ No Hearing loss

- ☐ Yes ☐ No Recurrent ear infections  
☐ Yes ☐ No Pain behind the ear

### EYE RELATED CONDITIONS

#### Double Vision, Photophobia in PAIN Hx

- ☐ Yes ☐ No Blurred vision  
☐ Yes ☐ No Eye pain  
☐ Yes ☐ No Pain or pressure behind the eyes

### THROAT, NECK & BACK RELATED CONDITIONS CONTINUED

- ☐ Yes ☐ No Back pain - lower  
☐ Yes ☐ No Back pain - middle  
☐ Yes ☐ No Back pain - upper  
☐ Yes ☐ No Chronic sore throat  
☐ Yes ☐ No Constant feeling of a foreign object in  
throat  
☐ Yes ☐ No Difficulty in swallowing  
☐ Yes ☐ No Limited movement of neck  
☐ Yes ☐ No Neck pain  
☐ Yes ☐ No Numbness in the hands or fingers  
☐ Yes ☐ No Sciatica  
☐ Yes ☐ No Scoliosis  
☐ Yes ☐ No Shoulder pain  
☐ Yes ☐ No Shoulder stiffness  
☐ Yes ☐ No Swelling in the neck  
☐ Yes ☐ No Swollen glands  
☐ Yes ☐ No Thyroid enlargement  
☐ Yes ☐ No Tightness in throat  
☐ Yes ☐ No Tingling in the hands or fingers  
☐ Yes ☐ No Chronic sinusitis

Other \_\_\_\_\_

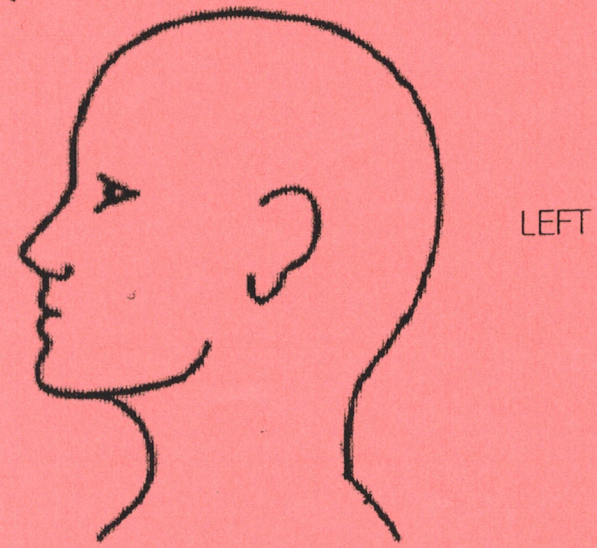
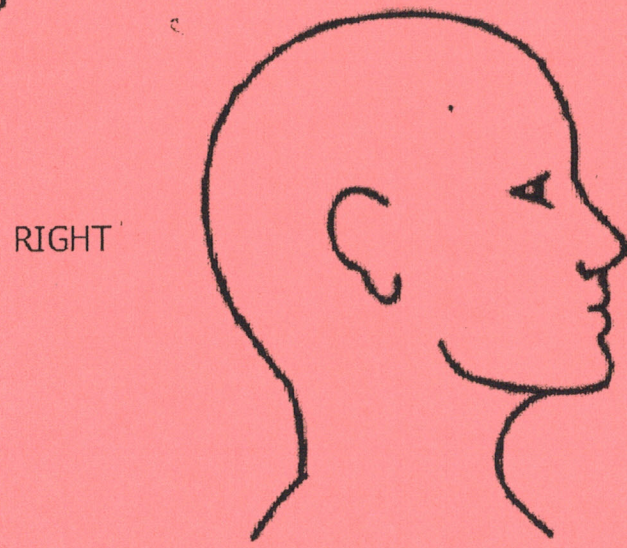
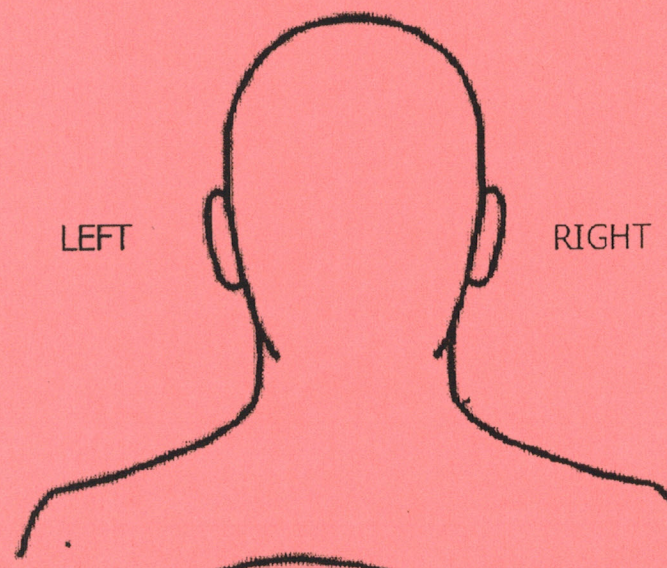
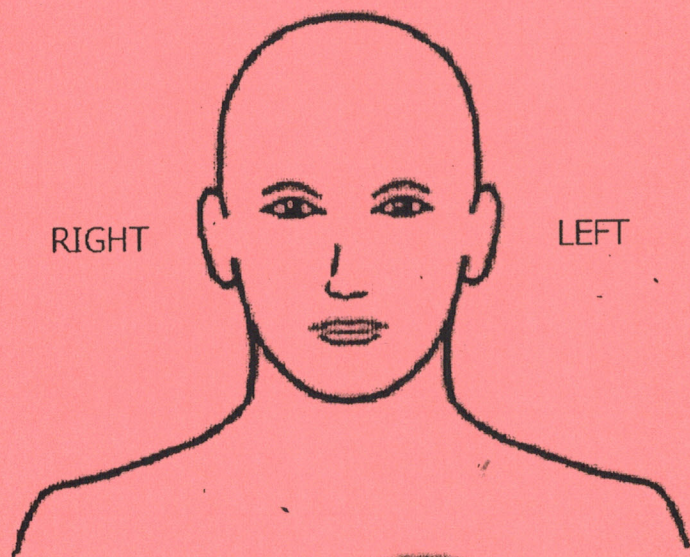
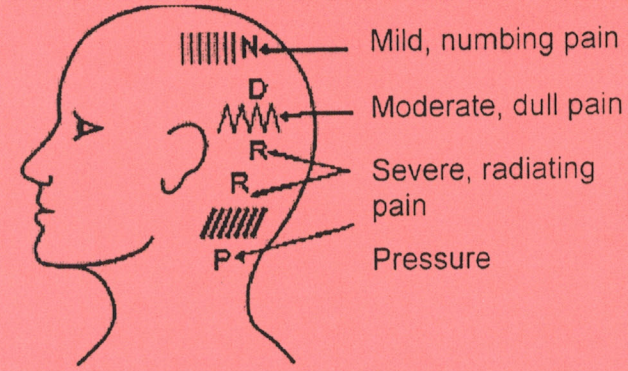
Patient Signature \_\_\_\_\_

Date \_\_\_\_\_



**DRAW YOUR PAIN PATTERNS  
FOLLOWING THIS KEY:**

MILD PAIN		B Burning
		D Dull
		N Numbing
MODERATE PAIN	~~~~~	P Pressure
		S Sharp
		T Tingling
SEVERE PAIN		R Radiating





**BED PARTNER SURVEY**  
***GIVE TO BED PARTNER***

To help us with a proper diagnosis and appropriate treatment plan, have your bed partner, if applicable and available, fill out this questionnaire regarding YOUR sleep habits. This information is vitally important for Dr. Allman to best evaluate your current condition.

**TO BE FILLED OUT BY THE PATIENT'S BED PARTNER**

**Patient's Name** \_\_\_\_\_

1. YES NO Are there ever times your bed partner has to sleep in another room? \_\_\_\_\_
2. YES NO Do you witness the patient snoring? \_\_\_\_\_
3. YES NO Do you witness the patient choking or gasping for breath during sleep? \_\_\_\_\_
4. YES NO Does the patient pause or stop breathing during sleep? \_\_\_\_\_
5. YES NO Does the patient fall asleep easily, if given the opportunity, during the day (normal wakeful hours)? \_\_\_\_\_
6. YES NO Do you witness the patient clenching and/or grinding his/her teeth during sleep? \_\_\_\_\_
7. YES NO Does the patient appear refreshed upon waking? \_\_\_\_\_
8. YES NO Do the patient's sleep habits disturb your sleep? \_\_\_\_\_
9. YES NO Does the patient sit up in bed, not awake? \_\_\_\_\_
10. Please check those sleep habits of the patient that are disturbing to you:

- |                                                                 |                                      |
|-----------------------------------------------------------------|--------------------------------------|
| <input type="checkbox"/> Snores                                 |                                      |
| <input type="checkbox"/> Restless                               | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Wakes up often                         |                                      |
| <input type="checkbox"/> Loud gasping for breath while sleeping |                                      |
| <input type="checkbox"/> Stops breathing                        |                                      |
| <input type="checkbox"/> Grinds teeth                           |                                      |
| <input type="checkbox"/> Becoming very rigid or shaking         |                                      |
| <input type="checkbox"/> Biting tongue                          |                                      |
| <input type="checkbox"/> Kicking during sleep                   |                                      |
| <input type="checkbox"/> Head rocking or banging                |                                      |
| <input type="checkbox"/> Bed-wetting                            |                                      |
| <input type="checkbox"/> Sleep walking                          |                                      |
| <input type="checkbox"/> Sleep talking                          |                                      |

Comments: \_\_\_\_\_





## **BED PARTNER SURVEY**

### **GIVE TO BED PARTNER**

**How likely is your partner to doze off or fall asleep in the following situations, in contrast to just feeling tired?**

*This refers to daily life in recent times, if these things have not occurred recently, try to work out how they would have affected your partner.*

**Use the following scale and choose the most appropriate number for each situation:**

Sitting and reading _____	0 = Would <b>never</b> doze
Watching TV _____	
Sitting inactive in a public place _____	1 = <b>Slight</b> chance of dozing
(e.g. A theater or a meeting) _____	
As a passenger in a car for an hour without a break _____	2 = <b>Moderate</b> chance of
Lying down to rest in the afternoon when _____	dozing
circumstances permit _____	3 = <b>High</b> chance of dozing
Sitting and talking to someone _____	
Sitting quietly after a lunch without alcohol _____	
In a car, while stopped for a few minutes in traffic _____	

Additional comments regarding the patient's sleep habits not mentioned above:

*Please sign and date at the bottom of this form and many thanks for your help.*

Partner's Signature \_\_\_\_\_ Date \_\_\_\_\_



## How likely are you to doze off or fall asleep in the following situations, in contrast to just feeling tired?

*This refers to your usual way of life in recent times. Even if you have not done some of these things recently, try to work out how they would have affected you.*

**Use the following scale and choose the most appropriate number for each situation:**

Sitting and reading _____	0 = Would <b>never</b> doze
Watching TV _____	
Sitting inactive in a public place _____	1 = <b>Slight</b> chance of
(e.g. A theater or a meeting) _____	dozing
As a passenger in a car for an hour without a break _____	
Lying down to rest in the afternoon when circumstances permit _____	2 = <b>Moderate</b> chance of
Sitting and talking to someone _____	dozing
Sitting quietly after a lunch without alcohol _____	
In a car, while stopped for a few minutes in traffic _____	3 = <b>High</b> chance of dozing

### **IF YOU HAVE NOT WORN A CPAP DEVICE, SKIP THIS SECTION AND TURN THE PAGE!**

#### **CPAP HISTORY:**

YES NO Do you wear a CPAP device **successfully** during sleeping?  
How many hours per night do you wear your CPAP?

YES NO Have you tried other therapies for your sleeping disorder?  
Please list other therapies (Weight-loss attempts, smoking cessation, surgeries,  
etc.) \_\_\_\_\_

**If you are unable to wear a CPAP device, please check below reasons for your difficulty.**

- ☐ Mask Leaks
- ☐ Mask Uncomfortable/Device Uncomfortable
- ☐ Unable to sleep comfortably
- ☐ Noise disturbs my sleep and/or bed partner's sleep
- ☐ Restricts movement during sleep
- ☐ Does not seem to be effective
- ☐ Straps/headgear cause discomfort
- ☐ Pressure on the upper lip causes tooth related problems
- ☐ Latex Allergy
- ☐ Claustrophobia
- ☐ Other \_\_\_\_\_

*I certify that the above information is correct to the best of my knowledge.*

PATIENT/GUARDIAN SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_



# Berlin Questionnaire Sleep Evaluation

1. Complete the following:

Height \_\_\_\_ ft \_\_\_\_ in

Weight \_\_\_\_ Age \_\_\_\_

2. Do you snore?

☐ yes

☐ no

☐ don't know

**If you snore:** (Answer questions 3-6)

3. Your snoring is?

☐ slightly louder than breathing

☐ as loud as talking

☐ louder than talking

☐ very loud. Can be heard in adjacent rooms

4. How often do you snore?

☐ nearly every day

☐ 3-4 times a week

☐ 1-2 times a week

☐ 1-2 times a month

☐ never or nearly never

5. Has your snoring ever bothered other people?

☐ yes

☐ no

6. Has anyone noticed that you quit breathing during your sleep?

☐ nearly every day

☐ 3-4 times a week

☐ 1-2 times a week

☐ 1-2 times a month

☐ never or nearly never

7. How often do you feel tired or fatigued after your sleep?

☐ nearly every day

☐ 3-4 times a week

☐ 1-2 times a week

☐ 1-2 times a month

☐ never or nearly never

8. During your waketime, do you feel tired, fatigued or not up to par?

☐ nearly every day

☐ 3-4 times a week

☐ 1-2 times a week

☐ 1-2 times a month

☐ never or nearly never

9. Have you ever nodded off or fallen asleep while driving a vehicle?

☐ yes

☐ no

*If yes, how often does it occur?*

☐ nearly every day

☐ 3-4 times a week

☐ 1-2 times a week

☐ 1-2 times a month

☐ never or nearly never

10. Do you have high blood pressure?

☐ yes

☐ no

☐ don't know

(For office use)

Scoring Questions: Any answer within the box is a positive response

Scoring categories

☐ Category 1 is positive with 2 or more positive responses to questions 2-6

☐ Category 2 is positive with 2 or more positive responses to questions 7-9

☐ Category 3 is positive with 1 positive response and/or a BMI > 30

Score: \_\_\_\_

(BMI = Body Mass Index)

Final Result: 2 or more possible categories indicates a high likelihood of sleep disordered breathing.

Patient Signature \_\_\_\_\_

Date \_\_\_\_\_



## FATIGUE SCALE

During the past week:

	No <<				>> Yes			
	1	2	3	4	5	6	7	
I felt fatigued and had less motivation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I felt fatigued and did not desire to exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I felt fatigued often	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I felt fatigue that interfered with my physical functioning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I felt fatigued which caused me frequent problems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I felt fatigued which prevented sustained physical functioning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I felt fatigued and couldn't carry out certain duties and responsibilities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Fatigue was among my three most disabling symptoms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Fatigue interfered with my work, family or social life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Total Score: _____

## SLEEP STUDIES

Have you ever had an evaluation at a Sleep Center?

☐ Yes ☐ No

☐ Home Sleep Study ☐ Polysomnographic evaluation performed at sleep disorder center

Sleep Center Name \_\_\_\_\_

Sleep Study Date \_\_\_\_\_

### FOR OFFICE USE ONLY

The evaluation confirmed a diagnosis of ☐ moderate obstructive sleep apnea

☐ severe obstructive sleep apnea

The evaluation showed

☐ mild obstructive sleep apnea

	during REM	Supine	Side
an RDI of _____	_____	_____	_____
an AHI of _____	_____	_____	_____

a nadir SpO2 of \_\_\_\_\_ T90 \_\_\_\_\_ ODI (Oxygen Desaturation Index)

Slow Wave Sleep ☐ Decreased ☐ None

REM Sleep ☐ Decreased ☐ None

Patient Signature \_\_\_\_\_

Date \_\_\_\_\_



*Please take a moment to read our office policies and feel free to ask any questions you may have.*

### **CONSENT FOR TREATMENT**

**I hereby authorize the Office Dr. Dennis and Deric Ikuta D.D.S. and designated staff to take x-rays, study models, photographs, electro-diagnostic studies and other diagnostic aids deemed appropriate to make a thorough diagnosis.**

Upon such diagnosis, I authorize Dr. Ikuta and Dr. Deric and staff to perform all recommended treatment mutually agreed upon by me and to employ such professional assistance as required to provide proper care.

I agree to the use of anesthetics, sedatives and other medication as necessary. I fully understand that using anesthetic agents embodies certain risks. I understand that I can ask for a complete recital of any possible complications.

I authorize the release of a full report of examination findings, diagnosis, treatment program and ongoing progress report to any referring dentist, physician, chiropractor or other health care professionals as indicated on the following page. I additionally authorize the release of any medical information to insurance companies for legal documentation to process claims. **I understand that I am responsible for all charges for treatment to me regardless of insurance coverage.**

### **FINANCIAL POLICY**

Payment is expected the day of your procedure as outlined verbally and/or in the written financial arrangement. We accept cash, check, MasterCard/Visa and Discover. For our patients carrying medical insurance, we do not accept assignment of benefits. However, we are happy to assist you with your insurance billing as a courtesy, though financial responsibility lies with you. Please ask our Patient Coordinators about your insurance issues.

**I agree to be responsible for payment of all services rendered on my behalf or my dependents.** I understand that payment is due at the time of service unless other arrangements have been made. In the event payments are not received as agreed, I understand that a late charge of 1.5% on monthly balances will be added to my account and my account may be turned over for legal collection of any overdue amount. I understand that a credit history may be secured. Our returned check fee is \$25.

Our goal is to eliminate "billing surprises" so let us help you plan your treatment carefully by addressing your financial concerns before treatment begins.

### **APPOINTMENTS**

Should you need to cancel an appointment, we ask that you notify our office at least **24 hours in advance**. If you fail to cancel your appointment appropriately or do not show up for your scheduled appointment, you will be charged a broken appointment fee of **\$75**.

**I have read and understand The office of Dr. Dennis and Deric Ikuta D.D.S. Consent for Treatment, Financial and Appointment policies. I have had all of my questions regarding these issues answered by a Patient Coordinator and agree to abide by these policies.**

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/

Responsible Party Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Relationship: \_\_\_\_\_ Witness: \_\_\_\_\_



To better coordinate your treatment, please list the professionals you have consulted regarding your present symptoms. Please be sure to list your primary physician and family dentist. Please initial if you want us to send them a report from your visit.

Initial **FAMILY PHYSICIAN**  
 Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 Phone \_\_\_\_\_

Initial **DENTIST**  
 Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 Phone \_\_\_\_\_

Initial **CHIROPRACTOR**  
 Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 Phone \_\_\_\_\_

Initial **PHYSICAL THERAPIST**  
 Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 Phone \_\_\_\_\_

Initial **ENT**  
 Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 Phone \_\_\_\_\_

Initial **CARDIOLOGIST**  
 Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 Phone \_\_\_\_\_

Initial **ALLERGIST**  
 Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 Phone \_\_\_\_\_

Initial **NEUROLOGIST**  
 Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 Phone \_\_\_\_\_

Initial **PSYCHIATRIST**  
 Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 Phone \_\_\_\_\_

Initial **PSYCHOLOGIST**  
 Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 Phone \_\_\_\_\_

Initial **PULMONOLOGIST**  
 Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 Phone \_\_\_\_\_

Initial **OTHER**  
 Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 Phone \_\_\_\_\_

- ☐ I understand and agree to have the indicated professionals I have listed above be sent initial information and ongoing updates regarding my diagnoses and treatment.
- ☐ I do not wish to have my records sent at this time.

I certify that the above information is correct to the best of my knowledge.

PATIENT/GUARDIAN SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_