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ADULT/CHILD SLEEP HEALTH SCREEN (ASHS)

Patients of all ages with snoring, daytime sleepiness and obesity are at risk for having problems with their breathing during sleep. Sleep-disordered breathing is known to increase the risk for metabolic disorders such as high blood pressure, diabetes, slow growth and behavioral problems such as memory problems, attention deficit/hyperactivity and low academic performance.

You will be contacted in the next 2 weeks by a member of the **Grand Health Institute** health care team, if this health screen determines that you are at high risk for sleep disordered breathing. You will then be referred to a sleep specialist for further evaluation. All personal health care information will remain confidential in compliance with **GHI** policies HIPAA, and other applicable regulations.

Completion of this questionnaire is not required and will not have any effect on your ability to receive health care services.

A) Please fill out the following information

Name		
Age		
Today's date		
What is your height?		
What is your weight?		
Has you been diagnosed hyperactive?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you know, or have you been told, that you snore?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Has anyone told you or anytime witnessed that you stop breathing or choke, talk, walk, or scream while asleep?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

B) In the table below, please indicate how easily you dose off to sleep in the following situations.

Enter the number that applies to you in the empty column to the right of the statement.

0—no chance of dosing, 1—a light chance of dosing, 2—moderate chance, 3—high chance

Situation	Chances of dosing – enter number
Sitting and reading	
Watching TV	
Sitting inactive in a public place [theater, etc.]	
As a passenger in a car for an hour without a break	
Lying down to rest in the afternoon when circumstances permit	
Sitting quietly after lunch	
Sitting and talking to someone	
After any activity while waiting for the next round of activity?	

Total (add all the numbers)

If your score is greater than 9 you are very sleepy and should seek medical advice.