THE CENTER FOR
DENTAL HEALTH
LEE OSTLER DDS
CenterForDentalHealth.com

Home Study Assessment for Childhood Sleep Problems

Childhood Sleep Disordered Breathing has many “signs and symptoms” that relate to medical health, behavioral health, mental health, and dental health. Many of these are associated with quality of sleep, airway development, jaw development, general behavior & mental development, and general health.

INSTRUCTIONS:

By looking for and noticing these signs and symptoms, you can gain a better picture of your child’s overall health. When observing for signs and symptoms, some items may be easily identified and others may require observing at various times of day/night, and in different settings or situations. It’s best to do this without your child knowing you are watching so that you can accurately observe behaviors, postures, and activities in their natural setting or presentation.

Print this Home Study and check all conditions that apply. If in doubt, check it! Please bring this completed Home Study with you.

Child Name:______________________________________

While Sitting Around… (watching TV, riding in car, etc.) Does your child:

- ☐ Put “things” in the mouth a lot (i.e. chew/suck on toys, sleeves, shirt collars, pencils, fingernails)
- ☐ Lick lips often – chapped lips
- ☐ Hold lips apart or ‘hang’ with mouth open during day
- ☐ Breath with mouth open – even a little bit
- ☐ Stick, thrust or dart the tongue out of the mouth
- ☐ Have the tongue resting between the teeth (resting teeth on tongue or biting lips)
- ☐ Lean the check on a hand
- ☐ Make noises when breathing

While Talking… Does your child:

- ☐ Talk very fast or talk very slow
- ☐ Gasp for air when speaking
- ☐ Speak with a lisp
- ☐ Take speech lessons

While Eating… Does your child:

- ☐ Gasp for air while eating/chewing
- ☐ Stick tongue between teeth when swallowing
- ☐ Stick tongue out to meet the drinking glass rim
- ☐ Drink a lot while eating
- ☐ Make noises when chewing
- ☐ Eat sloppily
- ☐ Take a breath before drinking
- ☐ Puff cheeks out when drinking
- ☐ Mash lips together or ‘purse’ when swallowing water or food
- ☐ Make the chin “crinkle” or tighten when swallowing
- ☐ Bob the head when swallowing
- ☐ Have trouble sitting still

While Sleeping… Does your child:

- ☐ Sleep or breathe with mouth open – lips not touching
- ☐ Snore or have ‘noisy-breath’ breathing
- ☐ Wet the bed
- ☐ Tilt the head back
- ☐ Wake up frequently
- ☐ Have restless sleep
- ☐ Have nightmares / night terrors
- ☐ Grind the teeth
- ☐ Have hard time waking up
- ☐ Wake up tired
- ☐ Have abnormal sleep issues

THE CENTER FOR
DENTAL HEALTH
LEE OSTLER DDS
CenterForDentalHealth.com

Medical History & Symptoms… Does your child have or complain of:

- ☐ Stomach aches
- ☐ Headaches
- ☐ Ear infections
- ☐ Ringing ears or dizziness
- ☐ Tubes in ear drums
- ☐ Stuffy or itchy ears
- ☐ Runny nose or sinus problems
- ☐ Sore throat / throat infections
- ☐ Neck aches
- ☐ Dry or chapped lips
- ☐ Trouble swallowing pills
- ☐ Allergies
- ☐ Tonsils and/or Adenoids removed
- ☐ Take medications for ADD/ADHD

Does your child:

- ☐ Use a pacifier - Until age _______.
- ☐ Suck finger(s) or thumb

Behavioral Symptoms… Does your child:

- ☐ Have ADD/ADHD
- ☐ Have bouts of aggression, defiance or social discord
- ☐ Have trouble with school work and learning
- ☐ Have problems with paying attention
- ☐ Have difficulty sitting still
- ☐ Fidget with hands, constant movement

As a baby was your child:

- ☐ Breast fed or bottle fed
  If breast fed, how long:________
- ☐ Early or late getting teeth
- ☐ Hard to feed
- ☐ Refusing to chew food
- ☐ Prone to ear infection

Family Health History… Do YOU (i.e. the child's parents) have, or have you had:

- ☐ Crooked teeth
- ☐ Orthodontic braces
- ☐ Tooth extractions for braces
- ☐ Ear problems
- ☐ Frequent infections, allergies or asthma
- ☐ TMJ or jaw problems
- ☐ Sleep apnea or sleep problems

When you observe your child do they have any of the following?

- ☐ Overbite or over-jet or forward positioned front teeth
- ☐ Convex or concave facial profile - recessed chin or shallow mid-face
- ☐ Crooked teeth
- ☐ Forward head posture
- ☐ Slouching general posture
- ☐ Narrow arch – high vaulting palate
- ☐ Tongue tied
- ☐ Teeth wear from grinding teeth
- ☐ Open bite from finger/thumb sucking
- ☐ Strained or tense chin muscles when swallowing
- ☐ Tongue thrust – tongue between teeth when swallowing
- ☐ Dark circles under eyes
- ☐ Tooth wear

Print this Home Study and check all conditions that apply. If in doubt, check it! Please bring this completed Home Study with you.