Sleep & Nasal Breathing Quiz

Your dentist is NOT medically qualified, nor legally permitted to diagnose a Snoring Problem vs Sleep Apnea. A diagnosis must be made by a Physician! This quiz can help you decide whether your Snoring could be related to Sleep Apnea, if Nasal Breathing is an issue & a Sleep Test is recommended.

1. Are you a loud and/or regular snorer? □ Yes □ No
2. Have you ever been observed to gasp or stop breathing during sleep? □ Yes □ No
3. Do you feel tired or groggy upon awakening, or do you sometimes awaken with a headache? □ Yes □ No
4. Are you often tired or fatigued during the wake time hours? □ Yes □ No
5. Do you fall asleep sitting, reading, watching TV or driving? □ Yes □ No
6. Do you often have problems with memory or concentration? □ Yes □ No

If you have one or more of these symptoms, you are at higher risk for having obstructive sleep apnea. If you are also overweight, have a large neck, and/or have high blood pressure….. the risk increases even further. The questions below can identify nasal breathing issues and the Cottle Maneuver, pictured below, can demonstrate the benefit of Nasal Dilation with the OASYS Oral / Nasal Airway System.

Do you struggle . . .

7. when breathing through your nose? □ Yes □ No
8. with nasal congestion or stuffiness? □ Yes □ No
9. with nasal blockage or obstruction? □ Yes □ No
10. with a deviated septum? □ Yes □ No

Cottle Maneuver – Breathe through your nose…. Then place your thumb and index finger underneath the cheeks and stretch….and see if there is increased airflow through your nose.